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41 recipes to cook now!

- Christmas seafood
- Summer tomatoes
- Delish dinners for one

POP STARS

Hello healthy summer treats on a stick

Just been diagnosed? TURN TO PAGE 9 NOW!

What to eat?

Carbs, fat and protein decoded

WATERMELON, RASPBERRY & LIME POPSICLES
see recipe, page 25

15 top tips

to jumpstart your weightloss journey today

ZIN_DL_0118

TRACY'S STORY: AN ISLET CELL TRANSPLANT CURED MY TYPE 1!

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Turn to page 136 and choose a print or digital subscription to *Diabetic Living*. Prices start from $14.99

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I have a question

Almost every day I receive calls and emails from people with diabetes, or their carers, with questions about what they should eat. Often, they've met with an accredited diabetes educator or dietitian but have found that walking the supermarket aisles can be confusing. "How do I know if something is low GI? What's a carb exchange? My husband's been eating this way for 50 years – how am I going to change his diet?" We don't have all the answers, but we can certainly point you in the right direction to changing your eating habits for the better.

In this issue we have a special section that tells you everything you need to know about carbs, fat, protein, fibre and whether it's a good idea to go vegetarian – turn to page 91 to get started. In upcoming issues we'll also be looking at low-carb diets and the science behind GI numbers.

If you have type 1 you'll want to read Tracy's amazing story on page 126 – an islet cell transplant has effectively cured her diabetes after a lifetime of crazy BGLs. Did you know that obesity can be linked to childhood trauma and abuse? Turn to page 114 for sobering and powerful stories from four women who survived and have reclaimed their health.

Enjoy the summer break and we'll see you in 2018!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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NEXT ISSUE ON SALE 1 FEB

3 THINGS TO TRY IN THIS ISSUE

Holiday with ease
Simple tips to help you stay in control while on holidays (page 88)

Eat your veg
Max your vegetables by swapping pasta for vegie noodles (page 67)

Game face
Learn how to trim the cost of your weekly food shop (page 104)

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine

RECIPES A DELIGHT

STAR LETTER

I've been a subscriber since your magazine began and I cut out the recipes I particularly love and stick them in my recipe book. I have a great collection now. I was delighted to find in the September/October issue in the desserts section that you printed the 'Nutrition Info' box with the recipe, not on the photo... FANTASTIC! I don't have to scribble the nutrition info onto the recipe. Thank you for the great magazine.

Lesley Durbin, NSW

End to devastation

I'm a recently diagnosed 19-year-old diabetic. When I received the news that I was diabetic, I was devastated. I thought this was the end and that I would have to live on a diet of vegies and salad just to steer clear of anything and everything with sugar, so when my partner gave me my first *Diabetic Living* magazine, I was ecstatic to find out I could eat pretty much the same foods that I used to eat (with slight variations, of course). Now, I'm working on losing weight and keeping my blood sugars relatively low, and I couldn't have done it without the help of my friends, family and of course *DL*.

Nikki Rose, NSW

New take on life

I had a scare recently when my doctor told me I was a prime candidate for diabetes if I didn't change my eating habits and lose some weight. Your magazine is such a help – I have lost nearly five kilos in the last three months, and am eating more fresh food and exciting meals than ever. I feel great! Thank you for such a creative, inspiring and informative read.

Nicki Clarke, Qld

'A life with diabetes'

We recently received a letter from Joan with a copy of her eight-year-old grand daughter's winning school speech. Caitlin, diagnosed a year ago, explained what it's like living with type 1. Here is an excerpt:

"Oh! How I wish there was a way that I could have no diabetes, just one day, it would be a miracle.

"Having diabetes means I have to test my blood glucose with a finger prick and a perfect number would be between four and eight. If I am under four, I am low, and need lollies. This is when my sisters complain about not getting lollies! Every day I do seven or more finger pricks so I have to take my test kit everywhere I go. I wish I could glue it to my body so I don't forget to take it.

"Can people with diabetes type 1 live healthy lives? We definitely can, if we look after ourselves.

"For instance, I am pretty active and it doesn't stop me doing things. I just need to remember to take my pump off when running, swimming or playing sport.

"Having diabetes is not all that bad, as I have been chosen to be a ball girl at a Stags Rugby game in October, and when I am older there could be a chance of going on trips with other diabetic kids. Having type 1 diabetes for life is not great, the only exciting part is having lollies!"

Caitlin, New Zealand

PHOTOGRAPHY GETTY IMAGES

Find us on **facebook.com/australiandiabeticlivingmagazine** | Get tips and recipe ideas by following **@diabeticliving** on Instagram

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Pacific magazines
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OUR EXPERTS

Dr Kate Marsh
Dietition and diabetes educator
Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Christine Armarego
Exercise physiologist
At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed
General practitioner
Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen
Podiatrist
Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner
Ophthalmologist
Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

Elissa Renouf
Type 1 parent
Elissa is the owner of Diabete-ezy and a mum of four kids with type 1. diabete-ezy.com

JUST diagnosed

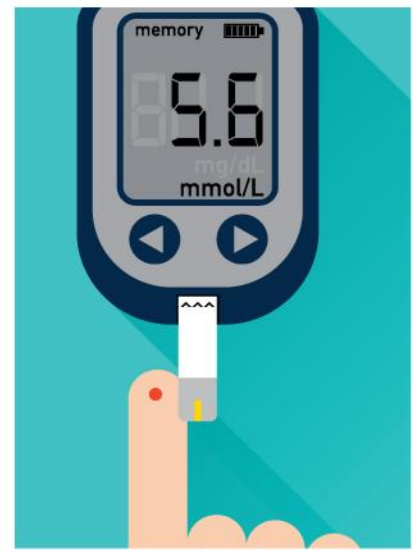
START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone. ➤

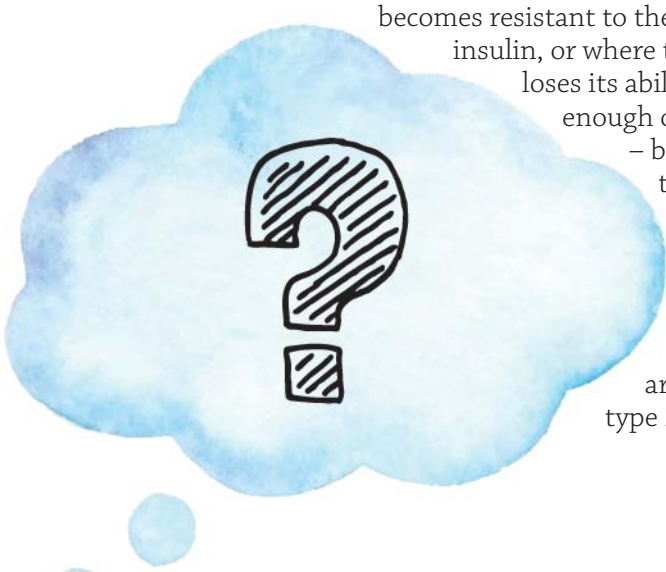
* That's People With Diabetes

> **Losing just 5% of your body weight can have a positive impact.**

TYPE 1 AND TYPE 2...
What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

YOUR healthylife

The latest facts & global news on diabetes, body image, broccoli & positivity

SHALL WE PLAY A GAME

MC:T1 – a modified version of the popular digital game Minecraft – is the brainchild of a Brisbane father who was inspired by his son's diagnosis with type 1. Designed to help PWD learn how to manage their condition, the game sees players walk around the Minecraft world, but with the addition of monitoring their insulin and blood glucose. The father's start-up was recently given a grant by the Queensland University of Technology to build the game MC:T1 (Minecraft for Type 1 Diabetes) and develop an educational plan for health professionals and parents. Visit magikcraft.io and research.qut.edu.au/dmrc for more.

Blog life

From online forums for PWD to advice from professionals, these inspirational blogs cover the daily struggles of PWD, as well as giving tips on how to live a healthy life with diabetes.

- **DIABETES STOPS HERE** *(diabetesstopshere.org)*
Produced by the American Diabetes Association, and born from their movement 'Stop Diabetes', this blog shares stories of courage, love and resilience from people living with both type 1 and type 2 diabetes.
- **DIABETIC FOODIE** *(diabeticfoodie.com)*
Shelby is a keen foodie who also has type 2 diabetes. Firmly believing "a diabetes diagnosis is not a dietary death sentence", she shares many healthy, delicious and diabetic-friendly recipes for readers to enjoy.
- **DIABETES SISTERS** *(diabetessisters.org/blogs)*
There are separate blogs for type 1 and type 2 diabetes, with the goal of helping readers living with diabetes have healthier, fuller lives. The online forums are a safe place for women to freely share information.

STEP 1

Over the past 20 years, researchers at Finland's University of Tampere have worked on a prototype vaccine that could potentially prevent type 1 diabetes developing in children. Although this is not a cure, nor will it eliminate diabetes altogether, it will, hopefully, provide immunity. Clinical trials are set to begin in 2018, although the results will not be apparent for about eight years.

7%

of children, aged 5 to 17 years, meet the national guidelines for exercise, which recommends one hour per day according to a survey conducted by the Heart Foundation. This means 600,000 children – reported in the survey – are currently inactive, while only 20 per cent of adults meet their guidelines of 30 minutes, five times per week.

DU'IT for your skin

The skin is the body's largest organ, so there's no excuse not to get hold of a good moisturiser to improve sore, uncomfortable or dry skin. DU'IT has released a range of hand, foot and face creams for men, women, kids and babies, and they are suitable for PWD! For more information, visit duit.com.au.

A BROCCOLI BOOST

Researchers at Sweden's University of Gothenburg have discovered cruciferous vegetables (such as broccoli and Brussels sprouts) contain an ingredient called sulforaphane, which suppresses enzymes in the liver that stimulate glucose production. Over a 12-week randomised, placebo-controlled trial of 97 human volunteers, researchers saw a 10-per-cent reduction of glucose. To help PWD control their blood sugar levels, the dose of sulforaphane required is the equivalent of consuming 5kg of broccoli per day, which researchers say could be adapted into a powder to add to food or made into drinks in the future.

IS THIS THE FUTURE OF FAT REDUCTION?

The process of altering fat-burning cells could help to prevent type 2 diabetes. US researchers have successfully created brown fat cells from white fat cells. The white fat cells are associated with obesity, and converting them to brown cells results in fat being burnt more easily.

46%

of people living with diabetes have not had a full and proper diagnosis, resulting in complications and associated healthcare costs down the track.

CAN GOGGLES STOP YOU GETTING DIABETES?

High-tech goggles first developed at Flinders University, Australia, initially for the treatment of sleeping problems and seasonal affective disorder, could help stop people from developing type 2 diabetes. These goggles, called Re-Timer, emit bright light into the eyes, causing the body clock to kick in and release certain hormones. An upcoming study will investigate whether this will help with the release of hormones that control blood sugar levels.

THE BENFIT OF GLUTEN

Low gluten diets could be associated with a higher risk of type 2 diabetes, with researchers from Harvard University's Department of Nutrition concluding that gluten-free foods are less nutritious due to less dietary fibre and other micronutrients. Meanwhile a study from UNSW Medicine found 5 per cent of people with type 1 diabetes have Coeliac disease compared with about 1 per cent of the overall population.

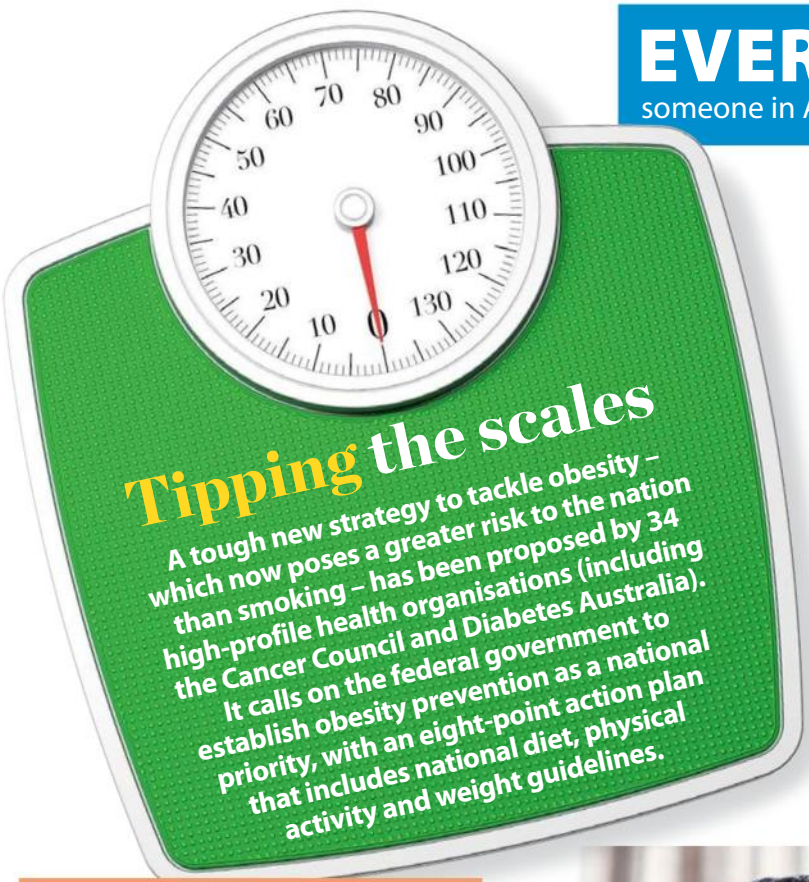
Q&A ASK DANIELLE

Should I buy a massage machine/circulation booster to help the pain in my feet?

Danielle says: Many of these devices use Electrical Muscle Stimulation and should therefore be used with caution. It is highly recommended that you have your feet assessed by a podiatrist or trained health professional before buying a device that claims to improve your circulation and reduce swelling and foot pain. The concern is if you have heart problems, especially if you have a metallic implant such as a pacemaker, have symptoms of deep vein thrombosis (clot in the leg), or are unsure of the cause of your symptoms. It is also not recommended if you have reduced feeling (peripheral neuropathy) in your feet, due to the risk of irritation and burns, or skin irritation or wounds on your feet and legs. A more targeted approach to treatment should be taken to give you a better outcome. This can be discussed with your health professional. ➤

Danielle Veldhoen, podiatrist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.



Tipping the scales

A tough new strategy to tackle obesity – which now poses a greater risk to the nation than smoking – has been proposed by 34 high-profile health organisations (including the Cancer Council and Diabetes Australia). It calls on the federal government to establish obesity prevention as a national priority, with an eight-point action plan that includes national diet, physical activity and weight guidelines.

EVERY 5 MINUTES

someone in Australia is diagnosed with diabetes.

Are you lonely? You're not alone

More than **80 per cent** of Australians 'believe our society is becoming a lonelier place', shows a survey by Lifeline. Research also found more than **one million** Britons spend their days alone. As humans are social animals by nature, researchers at Harvard University concluded loneliness could be as dangerous as smoking, due to the risk of higher blood pressure and heart disease. Yes, being lonely could literally break your heart!

STOP BINGE-WATCHING TV!

We all love binge-watching our favourite television programs, especially after a hard day's work, however, researchers have found a connection between time spent in front of a TV and an increased risk of death. The survey, which was published by the Baker Heart and Diabetes Institute, found adults who watched TV for **4 hours per day** (or more) are at a **74 per cent** higher risk of dying from inflammatory-related diseases (such as Alzheimer's disease, Parkinson's disease, diabetes and kidney disease). Even if you watch the average recommendation of **2 hours per day**, researchers suggest you still reduce viewing times to further reduce your risk.

Let's get physical

Aerobic exercises (such as walking, jogging and light cycling) are associated with a reduction in glycemia, in comparison to a temporary *increase* in glucose levels during anaerobic exercises (such as sprinting, heavyweight lifting and interval sports, such as hockey). Both forms of exercise produce **hypoglycemia** in the individual's late recovery, which often occurs while sleeping. However, it is less common for PWD who are more physically active to get diabetic-related eye disease and kidney disease, and they also have a better chance of reaching the ideal targets for blood pressure levels, glycated haemoglobin levels and a healthier body mass index (BMI).

88%

of Australian girls with type 1 desire a slimmer body, and **76 per cent** of boys were not happy with their bodies. The stats came from a study conducted by Deakin University researchers of Australians aged between 13 and 19 who have lived with type 1 diabetes for more than 12 months. It further found that only **43 per cent** of the boys studied specifically wanted to lose weight.

Confused about glucose?

Diabetes Australia has recently launched a new Position Statement on the importance of **glucose self-monitoring**. Being a rapidly changing area, the new Position Statement makes it easier for individuals to better self-manage their condition, discuss the technologies available for glucose monitoring – as well as the pros and cons – and the evidence behind them. It's all online for your perusal. To read the new Position Statement, visit diabetesaustralia.com.au.

Should I avoid bread if I have diabetes and am trying to lose weight?

Dr Marsh says: I get asked this a lot. Many people think bread is something to avoid, yet the right type of bread can be a healthy carb choice. It is often lower in carbs and glycemic index (GI), and higher in fibre and nutrition than other carb choices such as cracker biscuits, rice, pasta, potato and many processed breakfast cereals. The best choices are dense, grainy breads – the ones with lots of visible grains and seeds. These breads have more nutrition and fibre, and when the grains are still intact, rather than milled into flour, they have a lower GI. If you don't like grains, or can't manage them due to dental or digestive problems, wholemeal sourdough bread is the next best option. There's good evidence that eating more wholegrains can help with weight management. They also provide important vitamins and minerals. Bread is an easy way to get more grains in your diet. ➤

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

ADEA Advertising feature

Support & Care

Credentialled Diabetes Educators are your go-to recognised and qualified specialists in diabetes education and care.

If you are looking for a Diabetes Educator, look for the ADEA trademark below. It's the mark of the Australian Diabetes Educators Association, and it's your assurance that your diabetes educator is very knowledgeable and has received the best training to help you to understand and manage your condition.

ADEA also supports research that helps people with diabetes to live well every day, through its research arm, the ADEA Diabetes Research Foundation.

CREDENTIALLED DIABETES ADEA EDUCATOR

HELP DIABETES RESEARCH TODAY

Please support this great work by buying a ticket (or multiple) in the ADEA's fundraising lottery. Just $2 buys you a ticket to help fund research that helps 1.7 million Australians with diabetes to live well every day. There are fantastic prizes to be won, including:

1st Hyundai Accent Active

2nd 65-inch Premium LCD Smart TV

3rd 120,000 Qantas Points

To get your tickets, and for T&Cs, visit RAFFLELINK.COM.AU/ADEA

Prize shown is indicative only.

TALKING DIABETES WITH ALEXA

Amazon's Alexa-enabled products

Wellpepper – an award-winning, clinically validated patient engagement platform used by major health systems – is the recent Merck prize winner of the Alexa Diabetes Challenge in the US. This challenge sought a creation that could transform diabetes self-management with the aid of Amazon's Alexa. Wellpepper's creation, **Sugarpod,** is centred on a smart foot scanner that records images of patients' feet to help early detection of foot ulcers, which is vital for PWD. It also helps to track blood glucose levels, blood pressure and medications. The team hopes to bring **Sugarpod** to the US market in the near future.

Have you heard?

A revolutionary app called Epic Health – a mobile-only, non-invasive Glucose Meter – has been created in the UK and trials are currently under way for people living in England. This app works through the user placing their fingertip over their smartphone's camera lens, which will accurately measure your glucose like a finger prick test does. Visit epichealth.io to watch the progress of this app.

Texts from diabetes

Diabetes Queensland imagined what HbA1c would say if it had access to a mobile phone and the results are hilarious...

PHOTOGRAPHY GETTY IMAGES

FLYING FOR diabetes

Taking a type 1 diagnosis in his stride, Morgan shares his love for paper planes to raise awareness and funds for diabetes

With a heart of gold and a love of origami, Morgan Wray raised over $200 (including money from an Everyday Hero campaign) for the Telethon Type 1 Diabetes Family Centre in Perth in October. After being diagnosed in 2016, Morgan, 8, – whose father also has type 1 – wanted to do something special to mark his year of good health.

"We had lots of ideas but nothing really grabbed Morgan," says his mother, Sasha. "Then we watched the movie *Paper Planes* and it seemed like such a great idea." With this in mind, they opened the event to the public – welcoming 40 children aged five to 12 – after their local PCYC donated the Progress Hall for the competition.

"I love paper folding and seeing it turn into something cool," says Morgan. That carried through into the event, where he gave an origami book with paper as one of the prizes, alongside those donated by the RAAF, local toyshop The Play Room, and the RFDS.

"The community support of the Paper Plane Comp is so heartwarming," says Sasha. "We achieved what we wanted to do; make life something to celebrate regardless of a diagnosis." ■

"We wanted to celebrate one year of being alive and healthy with type 1"

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** COURTESY OF THE COMMUNITY NEWSPAPER GROUP

The silent pandemic

Diabetes has reached epidemic proportions both in Australia and across the world. Why?

In Australia, diabetes is increasing at a faster rate than any other chronic disease – including cancer and heart disease – with about 280 people diagnosed with diabetes every day. Says endocrinologist Dr Sultan Linjawi, of My Health Explained (myhealthexplained.com), "We've gone from a situation where it was uncommon, to one where it's affecting the world on an almost plague proportion."

Diabetes in Australia

Diabetes Australia (DA) has estimated two million Australians are currently at high risk of developing type 2, while up to 500,000 people may already be living with type 2 diabetes without knowing it. This is affected by "the environment we live in, the choices we make, and how the environment and our genetics interact together", says Dr Linjawi. Those living in remote areas are said to be more prone to living with a chronic disease due to various factors, including being physically inactive, having less access to preventative and acute health services, and a higher reliance on fatty, salty and sugary foods as a result of cheap, highly commercialised and energy-dense foods. Studies found diabetes to be most prevalent in South Australia, with more than 11 per cent of Port Pirie's population living with diabetes – more than double the nation's average of 5.1 per cent.

Without lifestyle changes and an intervention towards prevention, DA estimates that the 1.7 million Australians currently living with diabetes will rise to more than 2.5 million by 2025, and close to 3.5 million by 2033.

> **If diabetes was a country, it would be the fifth largest country in the world**
>
> – Former Federal Assistant Minister for Health Ken Wyatt (2015)

The global problem

In 2015, the International Diabetes Federation (IDF) reported the 415 million PWD, aged 20 to 79 years, across the world is estimated to rise to 642 million by 2040. "The countries with the highest percentage of the population living with diabetes include many of the Pacific Islands, as well as a number of countries in the Middle East and North Africa," says Professor Jonathan Shaw, Head of Clinical Diabetes Research at the Baker Heart and Diabetes Institute. "In many of these countries, over 20 per cent

WORDS ELLIE GRIFFITHS PHOTOGRAPHY GETTY IMAGES

TOP 10

COUNTRIES WITH THE HIGHEST RATES OF DIABETES

- Tokelau
- Nauru
- Mauritius
- Cook Islands
- Marshall Islands
- Palau
- Qatar
- Saudi Arabia
- Kuwait
- New Caledonia

of adults have diabetes," which is more than double the global average rate (8.5 per cent)."

Dr Linjawi explains that regions with the highest rates of diabetes are generally "countries that have had rapid development over the past 30 years." Many of these countries have subsequently abandoned their traditional diet – relying on imported fatty, Westernised foods – and spend more time on sedentary activities. Further, women are more prone to obesity in these countries as a result of the cultural barriers that still exist around physical activity.

However, it's not just developing countries that face these challenges. "It is anticipated that a 20-year-old today in the US has a 40–50 per cent chance of developing diabetes in their lifetime," says Professor Merlin Thomas, Department of Diabetes at Monash University.

The IDF estimated that in 2015, five million adults across the world died from diabetes. This is an alarming figure, compared to those collected by the World Health Organization that stated 1.5 million people died from HIV/AIDS, another 1.5 million people died from tuberculosis, and 0.6 million people died from malaria in 2013, diseases which have long been reported as three of the most common causes of death.

Moving forward

The burden of diabetes around the world, can be reduced with the right prevention, diagnosis and treatment. "We know that regular exercise and moderation in our diet can reduce the risk of diabetes by over 50 per cent," says Prof Thomas. "We just have to be willing to do this and stick with this through our life in a world that runs by encouraging us to consume."

Why the increasing numbers?

Professor Shaw details the underlying reasons why.

1 AGEING POPULATION. The elderly are more at risk of developing type 2.

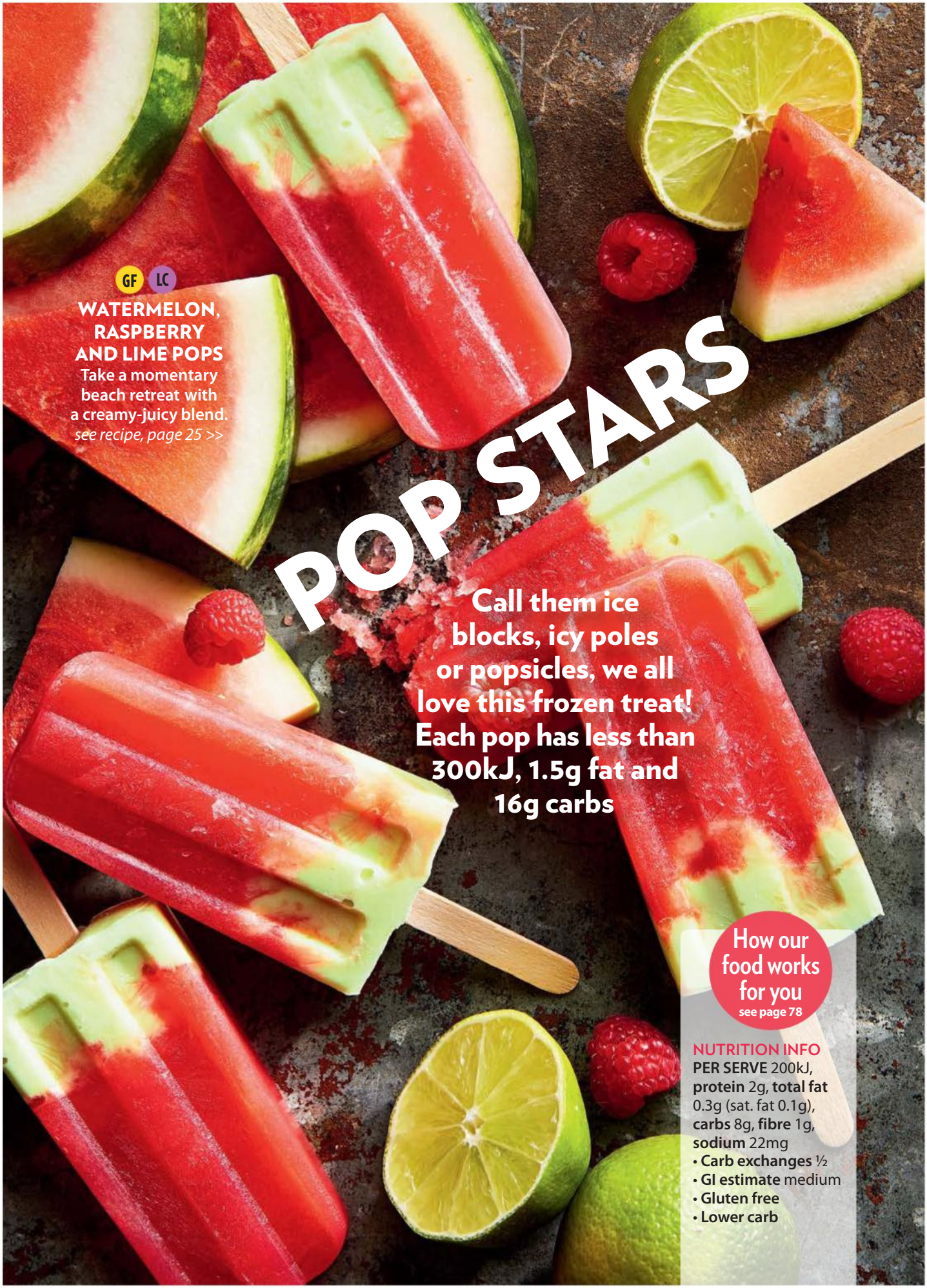
2 WEIGHT GAIN. Being overweight or obese makes the body much less responsive to insulin.

3 REDUCED PHYSICAL ACTIVITY. Mechanisation of transport, work, domestic processes and prolonged periods of sedentary (sitting) behaviour make us less active.

4 DIET. An 'energy-dense' diet that is low in fibre leads to weight gain and, potentially, diabetes. Processed and sweetened foods also contribute significantly.

5 ETHNICITY. Individuals from certain ethnic backgrounds, such as Indigenous Australians, Pacific Islanders and those from South and South-East Asia, are at higher risk. As these numbers increase in Australia, the total number of PWD grows.

6 BETTER TREATMENT OF DIABETES. As medical therapy improves, fewer PWD die prematurely and this also increases the total number of PWD at one time. ■



POP STARS

Call them ice blocks, icy poles or popsicles, we all love this frozen treat! Each pop has less than 300kJ, 1.5g fat and 16g carbs

GF LC

WATERMELON, RASPBERRY AND LIME POPS

Take a momentary beach retreat with a creamy-juicy blend.

see recipe, page 25 >>

How our food works for you

see page 78

NUTRITION INFO

PER SERVE 200kJ, **protein** 2g, **total fat** 0.3g (sat. fat 0.1g), **carbs** 8g, **fibre** 1g, **sodium** 22mg

- **Carb exchanges** ½
- **GI estimate** medium
- **Gluten free**
- **Lower carb**

GF

PINK LEMONADE ICE BLOCKS

This icy twist on a summer classic uses just five ingredients – real lemon juice among them.

see recipe, page 25 >>

NUTRITION INFO
PER SERVE 270kJ, **protein** 0g, **total fat** 0.1g (sat. fat 0g), **carbs** 16g, **fibre** 1g, **sodium** 2mg
- **Carb exchange** 1
- **GI estimate** low
- **Gluten free**

GF

PINEAPPLE, KIWI AND HONEYDEW ICY POLES

There's a whole serving of fruit in this tropical treat. Yes, really!

see recipe, page 25 >>

NUTRITION INFO

PER SERVE (with sugar) 294kJ, **protein** 1g, **total fat** 0.4g (sat. fat 0g), **carbs** 15g, **fibre** 2g, **sodium** 33mg
- **Carb exchange** 1
- **GI estimate** medium
- **Gluten free**

PER SERVE (with sugar substitute) 235kJ, **protein** 1g, **total fat** 0.4g (sat. fat 0g), **carbs** 11g, **fibre** 2g, **sodium** 33mg
- **Carb exchanges** ½
- **GI estimate** medium
- **Gluten free**

NUTRITION INFO
PER SERVE 250kJ, **protein** 0g, **total fat** 0.1g (sat. fat 0g), **carbs** 13g, **fibre** 1g, **sodium** 3mg
- **Carb exchange** 1
- **GI estimate** low
- **Gluten free**

GF

BERRY-LEMON ICE BLOCKS

Look at these bright beauties! They perfectly combine a deep colour and a sweet-tart taste.

see recipe, page 26 >>

Too hot for a cup of coffee? Sub this in for a cool caffeine hit

NUTRITION INFO
PER SERVE 190kJ, **protein** 0g, **total fat** 1.3g (sat. fat 1.1g), **carbs** 9g, **fibre** 0g, **sodium** 19mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

ICED COCONUT LATTE ICE POPS

We dare you to find an iced coffee that's this carb-smart and tasty.

see recipe, page 26 >>

WATERMELON, RASPBERRY AND LIME POPS

PREP TIME: 20 MINS (+ OVERNIGHT FREEZING)
SERVES 8 (AS A DESSERT OR OCCASIONAL SNACK)

Finely grated zest and juice of 1 lime
480g (3 cups) chopped seedless watermelon flesh
110g (½ cup) raspberries
260g (1 cup) vanilla fat-free yoghurt

1 **Put 1 Tbsp lime juice,** watermelon and raspberries in a blender. Cover and blend until smooth. Press through a fine-mesh sieve into a 1L (4-cup) measuring jug, discarding any seeds. Stir in 1 tsp of the zest.
2 **Pour mixture evenly** between 8 x 80ml (⅓ cup) ice-block moulds. Freeze for 2 hours or until the mixture is thick and slushy.
3 **Combine yoghurt** and remaining lime zest in a small bowl. Spoon evenly over the watermelon layer. Cover with lids or insert wooden sticks. Freeze overnight or until firm.

PINK LEMONADE ICE BLOCKS

PREP TIME: 15 MINS (+ OVERNIGHT FREEZING)
SERVES 7 (AS A DESSERT OR OCCASIONAL SNACK)

375ml (1¾ cups) water
185ml (¾ cup) fresh lemon juice
80g (⅓ cup) sugar
Red food colouring (optional)
Snipped basil or small basil leaves (optional), to serve

1 **Combine water,** lemon juice and sugar in a bowl, stirring until the sugar dissolves. Add a few drops of food colouring and basil leaves, if desired.
2 **Pour mixture evenly** between 7 x 80ml (⅓ cup) ice-block moulds. Cover with lids. Freeze for 1½ hours, then gently shake moulds to disperse basil. Return to freezer and freeze overnight or until firm.

PINEAPPLE, KIWI AND HONEYDEW ICY POLES

PREP TIME: 25 MINS (+ OVERNIGHT FREEZING)
SERVES 8 (AS A DESSERT OR OCCASIONAL SNACK)

60ml (¼ cup) water
2 Tbsp caster sugar or granulated sugar substitute
375g (2 cups) chopped pineapple flesh
2 kiwifruit, peeled, cut into 16 slices
600g (3½ cups) chopped honeydew melon flesh

1 **Combine water** and sugar in a small bowl, stirring until sugar dissolves. Put pineapple and 1 Tbsp of the sugar mixture in a blender. Cover and blend until smooth.
2 **Pour mix evenly** into 8 x 80ml (⅓ cup) ice-block moulds. ➤

You'll never be short of a refreshing moment this summer with these sweet treats in your freezer

Treat yourself to a blend of fruit, spice and all things ice...

Press two kiwifruit slices down the side of each mould. Freeze for 2 hours, or until the mixture is thick and slushy.
3 Put honeydew and remaining sugar mixture in blender. Cover and blend until smooth. Pour over pineapple mixture in moulds. Cover with lids and freeze overnight or until firm.

BERRY-LEMON ICE BLOCKS

PREP TIME: 15 MINS (+ OVERNIGHT FREEZING)
SERVES 8 (AS A DESSERT OR OCCASIONAL SNACK)

1½ cups strawberries, hulled, quartered
1½ cups blueberries
60ml (¼ cup) water
Finely grated zest and juice of 1 lemon
60ml (¼ cup) honey

1 Put strawberries, blueberries and water in a blender. Cover and blend until nearly smooth.
2 Add 2 tsp lemon zest and 1 Tbsp lemon juice to blender (reserving remaining zest and juice for another use). Add honey. Cover and blend until well combined.
3 Pour mixture evenly between 8 x 80ml (⅓ cup) ice-block moulds. Cover with lids. Freeze overnight or until firm.

COOK'S TIP

For a smoother ice block, blend fruit as directed in Step 1, then press through a fine-mesh sieve to remove seeds. Continue as directed.

ICED COCONUT LATTE ICE POPS

PREP TIME: 20 MINS (+ OVERNIGHT FREEZING)
SERVES 8 (AS A DESSERT OR OCCASIONAL SNACK)

185ml (¾ cup) light coconut milk
80g (⅓ cup) sugar
500ml (2 cups) freshly brewed coffee, chilled

1 Combine 125ml (½ cup) of the coconut milk and 1 Tbsp of the sugar in a bowl. Pour mixture evenly between 8 x 80ml (⅓ cup) ice-block moulds. Freeze for 2 hours or until firm.
2 Combine coffee, remaining coconut milk and sugar in a bowl. Pour over the coconut layer. Cover with lids. Freeze overnight or until firm. ■

RECIPES KELSEY BULAT, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BLAINE MOATS **STYLING** JENNIFER PETERSON

DRINK YOUR WAY TO BETTER DIGESTION

A tasty new pre-meal drink can help manage – and avoid – the Type 2 diabetes mealtime spikes

TAKE UP TO

BEFORE A MEAL

Type 2 diabetes is one of Australia's fastest growing chronic diseases, with over 200 new cases diagnosed each day in Australia. Managing and delaying the progression of the disease is crucial for sufferers, so the arrival of Faulding GlucoControl has been a big step forward in diabetes management. In fact, it is the first non-pharmaceutical product to have proven scientific benefits in Type 2 diabetes patients.

HOW DOES IT WORK?

Faulding GlucoControl is a pre-meal diabetes drink that comes in individual pre-measured sachets. When mixed with water and taken prior to a meal, it helps to reduce the blood glucose spike that occurs after a meal by slowing down digestion. For this reason, it may be beneficial to people with Type 2 diabetes or pre-diabetes when taken as part of a medically supervised diabetes management program.

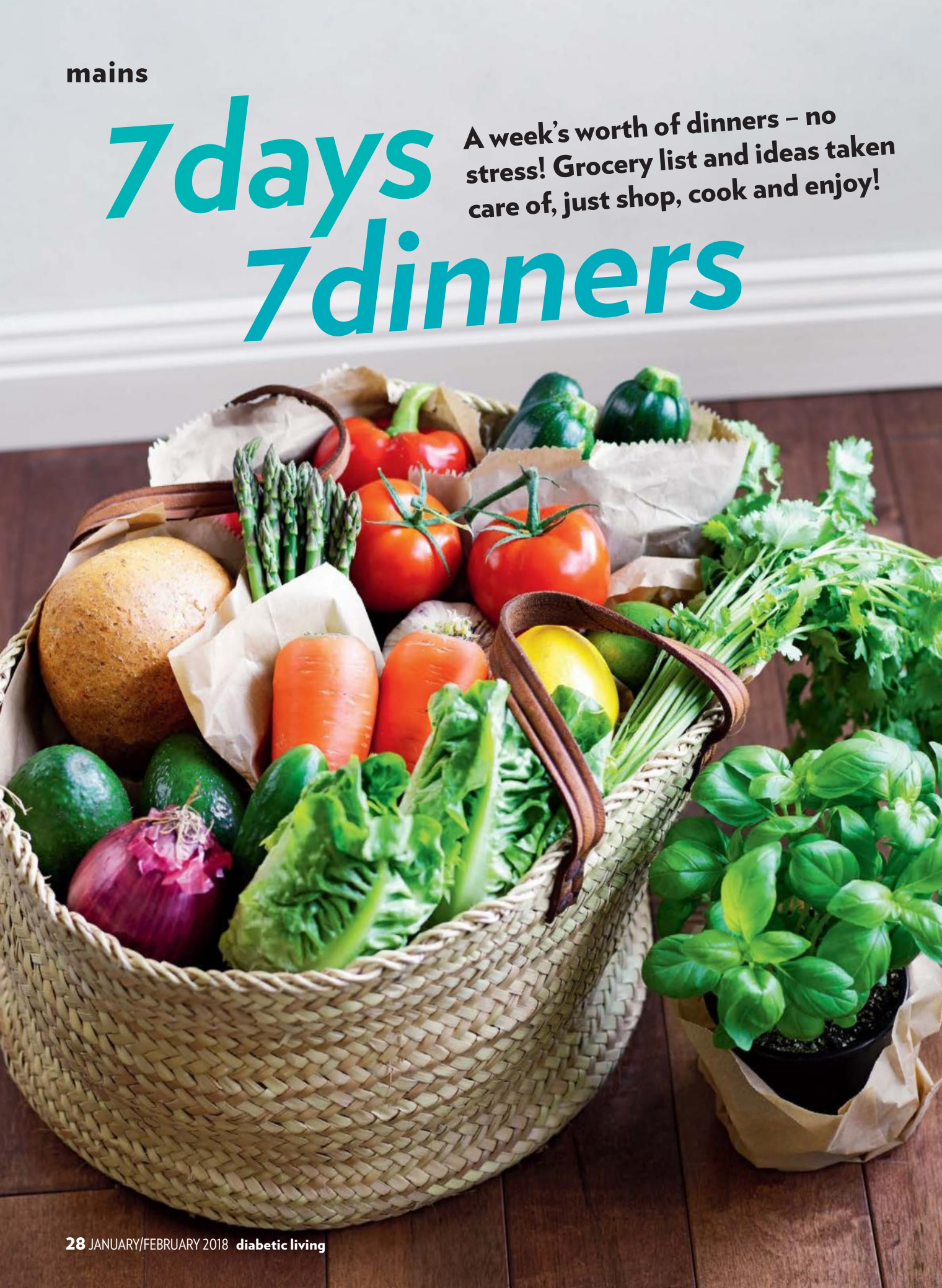
FOR MORE INFORMATION, VISIT YOUR LOCAL TERRYWHITE CHEMMART OR GO TO WWW.FAULDING.COM.AU

Contains milk, milk products and soy products. Food for special medical purposes. Use under medical supervision. Not suitable as a sole source of nutrition. Do not use if tamper evident seal is missing, torn or broken. If symptoms persist, contact your healthcare professional.

TerryWhite Chemmart

7days 7dinners

A week's worth of dinners – no stress! Grocery list and ideas taken care of, just shop, cook and enjoy!



MONDAY

PASTA WITH CRAB AND TOMATO

With fresh linguine and delicate crab, this dish tastes like summer!

see recipe, page 36>>

GFO

How our food works for you

see page 78

NUTRITION INFO

PER SERVE 1800kJ, **protein** 24g, **total fat** 11.6g (sat. fat 1.7g), **carbs** 52g, **fibre** 8g, **sodium** 359mg

- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten-free option**

TUESDAY

SMOKY BEEF FAJITAS

Bring the flavours of Mexico to your kitchen in a perfect parcel.

see recipe, page 36 >>

GFO

NUTRITION INFO

Left: **PER SERVE** 2060kJ, **protein** 37g, **total fat** 21.9g (sat. fat 6.4g), **carbs** 33g, **fibre** 9g, **sodium** 579mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

NUTRITION INFO

Below: **PER SERVE** 1560kJ, **protein** 38g, **total fat** 6g (sat. fat 1.2g), **carbs** 43g, **fibre** 8g, **sodium** 72mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

WEDNESDAY

BALSAMIC CHICKEN PASTA SALAD

This veg-packed plate will inject some zing into your midweek.

see recipe, page 36 >>

GFO

LEFTOVERS

Caramelised balsamic: Ideal on salad, no oil required!
Tortillas: Try a wrap instead of bread for lunch, or cut into pieces, cook in a moderate oven and use as crackers.
Olives: Throw a few into your salad or pasta sauce to add a little flavour.
Sesame seeds: Toast and sprinkle over salad or over filo-topped pies.
Tomatoes: Thinly slice and throw onto pizza, or use in salads or pasta.
Ginger: Grate and use in dressings, or finely chop and add to stir-fries.
Avocado: Spread over toast and top with tomatoes and feta for brekkie.
Mango: Enjoy as a snack or chop up and put on your favourite cereal.

GFO LC

THURSDAY

MEDITERRANEAN PASTA PIES

Individual pies perfect for the whole family? Yes please!

see recipe, page 37>>

NUTRITION INFO

PER SERVE 1800kJ, **protein** 22g, **total fat** 22.5g (sat. fat 6.4g), **carbs** 22g, **fibre** 10g, **sodium** 568mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

FRIDAY

STEAMED THAI-STYLE FISH WITH RICE

A bowl of this will have you saying "Go fish!"

see recipe, page 37 >>

GFO

NUTRITION INFO

Left: **PER SERVE** 1600kJ, **protein** 38g, **total fat** 5.4g (sat. fat 1.1g), **carbs** 40g, **fibre** 8g, **sodium** 565mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

NUTRITION INFO

Below: **PER SERVE** 1900kJ, **protein** 33g, **total fat** 19.9g (sat. fat 3.1g), **carbs** 26g, **fibre** 9g, **sodium** 612mg • **Carb exchanges** 1½ • **GI estimate low** • **Lower carb**

LEFTOVERS

Lemon: Add to dressings or mix with a little extra virgin olive oil, a pinch of sugar and pepper to drizzle over steamed vegetables.
Basil: Use to make pesto, place on sandwiches instead of salad leaves or vegetables, and use in salads.
Coriander: Add to salads and stir-fries or finely chop and use in a dressing.
Bocconcini: Throw into salads or pasta, or put on your favourite pizza for the last few minutes of cooking.
Linguine: Toss with bolognese sauce.
Filo: Use to make spinach and feta pies, or an apple strudel using canned apples, sultanas and cinnamon.
Lettuce: Pop on your sandwich.

SATURDAY

CHICKEN, OLIVE AND TOMATO ROLLS

Perfect for a party or just a quiet night in.

see recipe, page 38 >>

LC

SUNDAY

PROSCIUTTO, BOCCONCINI AND CUCUMBER SALAD

Top off a wonderful weekend with a super salad – protein, calcium and vitamins, oh my!

see recipe, page 38 >>

GFO

NUTRITION INFO

PER SERVE 1700kJ, **protein** 24g, **total fat** 15.6g (sat. fat 5.3g), **carbs** 38g, **fibre** 8g, **sodium** 714mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

Are you drinking too much?

Tired of waking up dusty after one too many? *DL* dietitian Shannon Lavery explores how much is too much...

Alcohol has always been a common component of the Australian culture. We see it at family gatherings, on holidays, during lunches, dinners and even "champagne breakfasts". The start of a new year is always a good time to pause and reflect on your lifestyle choices and particularly how much alcohol you are drinking to ensure you are not doing yourself lifelong damage.

The National Health and Medical Research Council (NHMRC) guidelines for safe alcohol consumption recommend healthy adults limit their intake to no more than two standard drinks per day and to include at least two alcohol-free days per week.

When enjoyed in moderation, alcohol can be included safely as part of a healthy lifestyle for most people. However, drinking in excess of the NHMRC guidelines can increase your risk of numerous health conditions such as obesity, high blood pressure, pancreatitis, heart disease, liver disease and some cancers, plus it can also make your blood glucose levels harder to manage.

So, what is a standard drink exactly?

A standard drink is not necessarily the size of your glass! Rather it refers to a quantity containing 10g of alcohol.

TOP TIP

Avoid joining "rounds" with your mates – this often encourages drinking at faster speeds.

Alcoholic beverage	Average standard drink
Full strength beer	285mL (middy)
Mid-strength beer	375mL (can)
Light beer	425mL (schooner)
Wine/champagne	100mL
Port	60mL
Spirits	30mL (nip)
Pre-mixed spirit	250mL (can)

YOUR shopping list

GROCERIES
- ☐ 250ml bottle Sandhurst Fine Foods Italian Balsamic Caramelised Vinegar
- ☐ 240g pkt Old El Paso Whole Grain Tortillas
- ☐ 170g can crab meat
- ☐ 300g jar Kalamata olives
- ☐ 270g jar Sandhurst 'Lite' Semi-Dried Tomatoes
- ☐ 100g pkt sesame seeds

FRUIT AND VEGETABLES
- ☐ 2 red onions
- ☐ 3 pack Baby Gem lettuce
- ☐ 3 x 250g punnets grape or cherry tomatoes
- ☐ 105g mixed salad leaves
- ☐ 350g sliced stir-fry vegetable mix
- ☐ 2 Lebanese cucumbers
- ☐ Small knob ginger
- ☐ 2 large tomatoes
- ☐ 4 large zucchini
- ☐ 1 bunch asparagus
- ☐ 1 small avocado
- ☐ 1 large red capsicum
- ☐ 1 mango
- ☐ 2 limes
- ☐ 1 large lemon
- ☐ 1 bunch basil
- ☐ 1 bunch coriander

MEAT AND POULTRY
- ☐ 250g beef fillet steak
- ☐ 200g chicken breast mince
- ☐ 250g skinless chicken breast fillet

SEAFOOD
- ☐ 2 x 150g pieces firm white fish fillets

CHILLED
- ☐ 220g tub cherry bocconcini
- ☐ 40g thinly sliced prosciutto (from the deli)
- ☐ 375g pkt fresh linguine
- ☐ 375g pkt filo pastry

BAKERY
- ☐ 2 x 60g wholemeal sourdough rolls

PANTRY
- ☐ 5 x 60g eggs
- ☐ 7 cloves garlic
- ☐ Olive oil cooking spray
- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Wholegrain mustard
- ☐ Black pepper
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Chilli flakes
- ☐ Dried oregano
- ☐ SunRice Doongara Clever Low GI White Rice
- ☐ 80g risoni or dried pasta of your choice
- ☐ Fish sauce
- ☐ Salt-reduced soy sauce
- ☐ Sweet chilli sauce

PASTA WITH CRAB AND TOMATO

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

1 Tbsp extra virgin olive oil
2 large zucchini, sliced into rounds
½ red onion, cut into thin slivers
2 garlic cloves, finely chopped
250g punnet grape or cherry tomatoes, quartered
125g fresh linguine or gluten-free pasta
170g can crab meat, drained, moisture squeezed out
Zest and juice of ½ lime
Freshly ground black pepper
½ bunch basil, leaves picked

1 **Heat the oil** in a medium non-stick frying pan over medium heat. Add zucchini, onion and garlic. Cook, stirring occasionally, for 5-6 minutes or until vegetables soften. Add the tomatoes and cook, stirring often, for 2 minutes.
2 **Meanwhile,** cook pasta in a medium saucepan of boiling water, following pack instructions, or until al dente. Drain well and return to the pan.
3 **Add zucchini mixture,** crab and lime zest and juice to pasta. Season with pepper. Toss and serve sprinkled with basil.

COOK'S TIP

You can replace the lime with lemon, basil with flat-leaf parsley and red onion with brown onion, if desired.

SMOKY BEEF FAJITAS

PREP TIME: 15 MINS (+ RESTING)
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

2 tsp smoked paprika
1 tsp ground cumin
Pinch chilli flakes
250g beef fillet steak, trimmed of fat
Olive oil cooking spray
1 tsp olive oil
½ red onion, cut into thin wedges
½ large red capsicum, cut into thin strips
1 garlic clove, crushed
1 large tomato, halved, sliced
½ Baby Gem lettuce, quartered lengthways, washed, dried (See Cook's Tip, page 37)
½ small avocado, mashed until smooth
4 Old El Paso Whole Grain Tortillas or gluten-free tortillas
Coriander (optional), to serve

1 **Preheat a chargrill** on medium-high heat. Combine paprika, cumin and chilli flakes. Sprinkle over steak and spray with oil.
2 **Add steak** to the chargrill and cook for 2 minutes each side for medium, or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside to rest.
3 **Heat the oil** in a small non-stick frying pan over medium. Add the onion, capsicum and garlic. Cook, stirring often, for 5-6 minutes or until onion starts to soften.
4 **Diagonally slice steak** and place on a large platter with onion mixture, tomato and lettuce. Put avocado in a small bowl. To serve, spread a little avocado over each tortilla and top with capsicum mixture, steak, tomato, lettuce and coriander, if desired. Roll up and serve.

COOK'S TIP

Replace the beef with lamb leg steaks and the red capsicum with green capsicum.

BALSAMIC CHICKEN PASTA SALAD

PREP TIME: 15 MINS (+ MARINATING)
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

250g skinless chicken breast fillet, trimmed of fat, cut in half lengthways through the middle
2 garlic cloves, crushed
3cm piece ginger, peeled, finely grated
Zest and juice of ½ large lemon
1 Tbsp Sandhurst Fine Foods Italian Balsamic Caramelised Vinegar
80g (⅓ cup) risoni, dried pasta of your choice or gluten-free pasta
Extra virgin olive oil cooking spray
1 large zucchini, sliced lengthways
1 bunch asparagus, trimmed
125g (½ punnet) grape or cherry tomatoes, halved
60g (2 cups) mixed salad leaves

1 **Put the chicken,** garlic, ginger, lemon zest and juice and vinegar in a shallow dish. Toss to combine. Cover and set aside to marinate.
2 **Cook pasta** in a small saucepan of boiling water, following pack instructions, or until al dente.

Drain well and rinse under cold water. Transfer to a large bowl.
3 **Meanwhile,** preheat a barbecue chargrill or pan on medium-high. Remove chicken from marinade and pat dry with paper towel. Spray both sides of the chicken, zucchini, asparagus and tomatoes with cooking spray. Add chicken, zucchini and asparagus to grill. Cook for 3-4 minutes, turning once, or until chicken is cooked through and vegetables are tender crisp. Transfer to a plate. Add tomatoes to grill and cook for 2 minutes, turning, until just soft.
4 **Pour the marinade** into a small, non-stick frying pan and bring to a simmer over medium heat. Simmer for 1 minute. Set aside to cool slightly.
5 **Shred chicken** into pieces and cut asparagus into small pieces. Add chicken, zucchini, asparagus, tomato and salad leaves to pasta. Toss to combine. Add marinade to salad and toss again. Serve.

MEDITERRANEAN PASTA PIES

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

Cooking spray
50g fresh linguine or gluten-free pasta
½ tsp extra virgin olive oil
½ red onion, finely sliced
½ large red capsicum, chopped
40g cherry bocconcini, chopped
50g Sandhurst 'Lite' Semi-Dried Tomatoes, finely chopped
8 Kalamata olives, pitted, finely chopped
Finely grated zest of ½ a large lemon
¼ cup basil leaves, finely shredded, plus extra (optional), to serve
3 x 60g eggs, lightly whisked
Freshly ground black pepper

Salad
½ Baby Gem lettuce
¼ small avocado, sliced
1 large tomato, cut into small wedges
½ cup basil leaves

1 **Preheat oven** to 170°C (fan-forced). Spray 2 x 7.5cm (base measurement) pie plates with cooking spray.
2 **Cook the pasta** in a small saucepan of boiling water, following pack instructions, or until al dente. Drain well and rinse under cold water. Cut into small pieces. Place in a large bowl.
3 **Heat oil** in a medium non-stick frying pan over medium. Add onion and capsicum to pan and cook, stirring often, for 5-6 minutes or until onion softens. Transfer to pasta bowl and set aside to cool for 10 minutes.
4 **Add bocconcini,** tomatoes, olives, lemon zest, basil and eggs to pasta. Season with pepper and toss well to combine. Divide mixture between pie plates, pressing down into plates with a spoon. Bake for 25 minutes or until the pies are set and golden brown.
5 **To make the salad,** toss lettuce, avocado, tomato and basil in a large bowl. Divide between serving plates. Remove pies from plates and, if desired, top with extra basil leaves. Serve with salad.

COOK'S TIP

You can replace Baby Gem lettuce with Baby Cos, if desired.

STEAMED THAI-STYLE FISH WITH RICE

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

Juice of 1 lime
1 tsp fish sauce
1 tsp salt-reduced soy sauce or gluten-free soy sauce
1 tsp sweet chilli sauce or gluten-free sweet chilli sauce
2 x 150g pieces firm white fish fillets
85g (⅓ cup) SunRice Doongara Clever Low GI White Rice
1 tsp olive oil
350g stir-fry vegetable mix (see Cook's Tip, page 38)
Coriander leaves, to serve (optional)

1 **Combine lime juice,** fish sauce, soy sauce and chilli sauce in a small bowl. Reserve half the marinade. Place remaining marinade and fish in a shallow dish, turn to coat. Set aside.
2 **Cook rice** in a small saucepan of boiling water for 10-12 minutes, or until tender. Drain well and divide between two serving plates
3 **Meanwhile,** place fish in a small steamer basket lined with baking paper and place over a wok of simmering water. ➤

Cover and steam for 6-7 minutes or until the fish is just cooked.
5 While rice and fish are cooking, heat oil in a large non-stick frying pan over high. Add stir-fry mix and stir-fry for 2-3 minutes or until vegetables are tender crisp.
6 To serve, top rice with stir-fry vegies and fish. Drizzle reserved marinade over and, if desired, top with coriander leaves.

COOK'S TIP

Replace lime juice with lemon juice. Make up your own stir-fry with whatever vegies you have at hand.

CHICKEN, OLIVE AND TOMATO ROLLS

PREP TIME: 20 MINS (+ COOLING)
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
1 large zucchini, coarsely grated, excess moisture squeezed out
½ red onion, finely chopped
20g prosciutto, finely chopped
2 garlic cloves, crushed
200g chicken breast mince
½ tsp dried oregano
4 Kalamata olives, pitted, finely chopped
30g Sandhurst 'Lite' Semi-Dried Tomatoes, finely chopped
4 sheets filo pastry
Olive oil cooking spray
1 tsp sesame seeds
45g (2 cups) mixed salad leaves
1 Lebanese cucumber, chopped
125g (½ punnet) grape or cherry tomatoes, halved

1 Heat oil in a non-stick frying pan over medium-high. Add zucchini, onion, prosciutto and garlic. Cook, stirring occasionally, for 4-5 minutes or until onion softens. Transfer to a large bowl and set aside for 10 minutes to cool.
2 Add chicken mince, oregano, olives and tomatoes to onion mixture. Mix until well combined. Place one sheet of pastry on a clean surface and spray with cooking spray. Top with another sheet of pastry and spray with cooking spray. Fold pastry in half crossways. Repeat with the remaining 2 sheets of pastry.
3 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Divide chicken mixture in half and place a portion in a sausage shape lengthways along long side of filo. Roll up firmly. Cut each log into 3 pieces and place on lined tray. Spray with oil and sprinkle with sesame seeds.
4 Bake rolls for 20-25 minutes or until pastry is golden brown. Serve with the salad leaves, cucumber and tomato.

COOK'S TIP

Replace chicken with extra lean beef mince, red onion with brown onion and the semi-dried tomatoes with roasted capsicum strips.

PROSCIUTTO, BOCCONCINI AND CUCUMBER SALAD

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

2 x 60g eggs, at room temperature
Olive oil cooking spray
20g thinly sliced prosciutto
1 Baby Gem lettuce, ends trimmed, leaves separated, washed, dried (See Cook's Tip, page 37)
40g cherry bocconcini, quartered
125g cherry or grape tomatoes, halved
1 Lebanese cucumber, peeled into ribbons
½ mango, flesh thinly sliced
2 tsp Sandhurst Fine Foods Italian Balsamic Caramelised Vinegar
1 tsp wholegrain mustard or gluten-free mustard
Freshly ground black pepper
2 x 60g wholemeal sourdough rolls or gluten-free bread, to serve

1 Bring a saucepan of water to the boil over high heat. Add eggs and reduce heat to medium. Cook, partially covered, for 4 minutes. Drain well, rinsing eggs under cold water. Peel eggs and set aside.
2 Spray a non-stick frying pan with oil and heat over medium. Add prosciutto and cook for 2-3 minutes, turning occasionally, or until golden brown. Set aside to cool. Break into pieces.
3 Put the lettuce, bocconcini, tomatoes and cucumber in a large bowl. Toss to combine. Add mango and toss gently. Divide between serving plates.
4 Cut the eggs into halves and divide between salads. Whisk vinegar, mustard and pepper together. Drizzle over salad and serve with rolls.

COOK'S TIP

Replace cherry tomatoes with 1 large tomato and wholegrain mustard with Dijon mustard. ■

RECIPES ALISON ROBERTS; SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNELY
STYLING VANESSA AUSTIN **FOOD PREPARATION** LAURA JENKINS

Melon moment

Let's toast sunny days with friends and cool patio moments. Cheers to good times and good health all summer long

GF LC

NUTRITION INFO
PER SERVE 246kJ, **protein** 1g, **total fat** 0.5g (sat. fat 0g), **carbs** 11g, **fibre** 2g, **sodium** 84mg
- **Carb exchanges** ½
- **GI estimate** high
- **Gluten free**
- **Lower carb**

NUTRITION INFORMATION SHANNON LAVERY (DIETITIAN)

MINTY MELONADE

PREP TIME: 10 MINS (+ 1 HOUR CHILLING)
SERVES 8 (AS A SNACK)

1 (about 1.5kg) whole honeydew melon, peeled, deseeded and chopped
125ml (½ cup) fresh lime juice
6 mint leaves
Chilled soda water, to serve
Extra mint leaves (optional), to serve

1 **Put melon,** lime juice and mint leaves in a blender. Cover and blend until smooth. Transfer to a jug. Cover and put in the fridge for at least 1 hour, or until chilled.

2 **Pour about 160ml** (⅔ cup) melon mixture into each of 8 glasses. Top each glass with about 80ml (⅓ cup) soda water. Stir gently. Serve immediately with extra mint leaves, if desired. ■

Summer SEAFOOD

Perfect for any summertime feast, these recipes are sure to impress

Menu to serve six

STARTER
Beetroot-cured salmon with herbed cream cheese

MAIN
Lobster tails with herb vinaigrette

SIDES
Radicchio, pear and cucumber salad with lemon dressing
Shaved sprout, walnut, pomegranate and feta salad

DESSERT
Berry jelly trifle stacks

DRINKS
Blueberry and lime bellini (with starter)
Watermelon iced tea (with main)

GF LC

BEETROOT-CURED SALMON WITH HERBED CREAM CHEESE

Wow your guests with the beautiful colours of this salmon.

see recipe, page 45 >>

How our food works for you
see page 78

NUTRITION INFO
PER SERVE 650kJ, **protein** 15g, **total fat** 8.1g (sat. fat 2.8g), **carbs** 3g, **fibre** 2g, **sodium** 471mg • **Carb exchanges** 0
• **GI estimate** n/a
• **Gluten free**
• **Lower carb**

GFO LC

BLUEBERRY AND LIME BELLINI

Raise your glass to summer and this light and fruity fizz.

see recipe, page 45 >>

NUTRITION INFO

PER SERVE 290kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 6g, **fibre** 1g, **sodium** 19mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GF LC

WATERMELON ICED TEA

Sip on the seriously refreshing colours of summer.

see recipe, page 45 >>

NUTRITION INFO

PER SERVE (with sugar) 250kJ, **protein** 1g, **total fat** 0.4g (sat. fat 0g), **carbs** 13g, **fibre** 1g, **sodium** 11mg

- **Carb exchange** 1
- **GI estimate** high
- **Gluten free**

PER SERVE (with sugar substitute) 130kJ, **protein** 1g, **total fat** 0.4g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 11mg

- **Carb exchanges** ½
- **GI estimate** high
- **Gluten free**
- **Lower carb**

LOBSTER TAILS WITH HERB VINAIGRETTE

PREP TIME: 10 MINS COOK TIME: 10 MINS
SERVES 6 (AS PART OF A MAIN)

- 3 x 400g Australian lobster tails, halved lengthways (get your fishmonger to do this)
- Olive oil cooking spray

Herb vinaigrette

- 1 Tbsp finely chopped dill, plus sprigs (optional), to serve
- 1 Tbsp finely chopped tarragon
- 1 Tbsp finely chopped flat-leaf parsley
- 2 Tbsp extra virgin olive oil
- Juice of 1 lemon, plus extra slices (optional), to serve
- 2 tsp wholegrain mustard or gluten-free mustard
- Freshly ground black pepper

1 To make herb vinaigrette, combine all the ingredients in a small bowl.

2 Preheat a barbecue grill on high. Spray lobster tails with oil and add to grill, flesh side down. Reduce heat to medium and cook, covered, for 4 minutes.

3 Turn over lobster tails and brush with a little of the vinaigrette. Cover the barbecue and cook for a further 3-4 minutes or until lobster is just cooked. Place on a serving platter.

4 Serve lobster tails drizzled with remaining vinaigrette, topped with dill sprigs and, if desired, with lemon on the side.

GFO LC

NUTRITION INFO
PER SERVE 750kJ, **protein** 26g, **total fat** 8.1g (sat. fat 1.2g), **carbs** 0g, **fibre** 1g, **sodium** 70mg
- **Carb exchanges** 0
- **GI estimate** N/A
- **Gluten-free option**
- **Lower carb**

GFO LC

RADICCHIO, PEAR AND CUCUMBER SALAD WITH LEMON DRESSING

You'll love this sensational side that brings a bunch of crunch to the table.

see recipe, page 46 >>

NUTRITION INFO

PER SERVE 205kJ, **protein** 2g, **total fat** 1.2g (sat. fat 0.6g), **carbs** 7g, **fibre** 2g, **sodium** 58mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

These salads look impressive, and they're so easy!

GF LC

SHAVED SPROUT, WALNUT, POMEGRANATE AND FETA SALAD

The Mediterranean flavours of this beautiful platter are a match made in heaven for the lobster main.

see recipe, page 46 >>

NUTRITION INFO

PER SERVE 620kJ, **protein** 7g, **total fat** 7.9g (sat. fat 1.4g), **carbs** 8g, **fibre** 7g, **sodium** 158mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

BERRY JELLY TRIFLE STACKS

PREP TIME: 20 MINS (+ 4 HOURS SETTING)
COOK TIME: 5 MINS SERVES 6 (AS AN OCCASIONAL DESSERT)

- 2 x 9g sachets Aeroplane Jelly Lite Strawberry or Vanilla Berry
- 500ml (2 cups) boiling water
- 500ml (2 cups) cold water
- 2 x 125g punnets raspberries
- 2 x 125g punnets blueberries
- 250g punnet strawberries, 3 halved with stem intact, to serve, the remainder hulled and quartered
- ¼ cup custard powder
- 1 Tbsp caster sugar or granulated sugar substitute
- 250ml (1 cup) skim milk
- 150g tub diet vanilla yoghurt
- 150g tub vanilla frûche
- 3 sponge finger biscuits, very thinly sliced crossways, to serve

1 **Put jelly crystals** in a large heatproof jug. Add boiling water and stir until crystals dissolve. Stir in cold water.

2 **Put half the raspberries** and blueberries in 6 glasses. Add quartered strawberries. Pour jelly over. Chill for 4-6 hours or until set.

3 **Meanwhile,** combine custard powder and sugar in a saucepan. Whisk in milk. Cook, stirring, over medium heat until mixture thickens. Transfer to a bowl. Add yoghurt and frûche and whisk until smooth. Cover with plastic wrap and chill.

4 **To serve,** whisk custard and divide between glasses. Top with biscuits and remaining fruit.

NUTRITION INFO

PER SERVE (with sugar) 635kJ, **protein** 5g, **total fat** 1.6g (sat. fat 0.9g), **carbs** 26g, **fibre** 4g, **sodium** 76mg
- **Carb exchanges** 1½
- **GI estimate** medium

PER SERVE (with sugar substitute) 595kJ, **protein** 5g, **total fat** 1.6g (sat. fat 0.9g), **carbs** 24g, **fibre** 4g, **sodium** 76mg
- **Carb exchanges** 1½
- **GI estimate** medium

Homemade icy drinks – alcoholic or not – make meals special

BEETROOT-CURED SALMON WITH HERBED CREAM CHEESE

PREP TIME: 30 MINS (+ 3 DAYS CURING)
SERVES 6 (AS A STARTER)

400g skinless and boneless salmon fillets
⅓ cup extra light cream cheese
1 Tbsp finely chopped herbs (such as dill and flat-leaf parsley)
Finely grated zest and juice of ½ a lemon
Freshly ground black pepper
3 cups picked watercress leaves or baby rocket leaves
Lemon wedges (optional), to serve

Beetroot cure

1 large beetroot, peeled, chopped
2 Tbsp gin
Finely grated zest of 1 orange
Finely grated zest of 1 lemon
⅓ cup rock salt
1½ Tbsp Demerara sugar

Herb cure

½ cup dill leaves, finely chopped
¼ cup tarragon leaves, finely chopped
2 Tbsp gin

1 **Put salmon** in a shallow glass or ceramic dish just large enough to fit without much empty space.
2 **To make beetroot cure,** put beetroot and gin in a small food processor. Cover and process until mixture is finely chopped and well combined. Transfer to a bowl. Add orange and lemon zest, rock salt and sugar. Spoon beetroot mixture over salmon, pressing down firmly. Cover with a double layer of plastic wrap. Put in fridge for 24 hours. Turn over salmon (so the bottom is now on top). Push beetroot mixture over salmon. Cover and return to the fridge for a further 24 hours.
3 **Remove salmon** from the fridge and push off all beetroot cure. Carefully rinse any remaining cure off salmon. Pat dry with paper towel. Rinse and dry the dish salmon was in. Return salmon to the dish.
4 **To make herb cure,** combine all ingredients in a small bowl. Spread herb cure over the top of salmon. Cover with a double layer of plastic wrap and return to the fridge for 24 hours.
5 **To serve,** thinly slice salmon using a serrated-edge knife. Whisk cream cheese, herbs and lemon zest and juice in a small bowl. Season with pepper. Serve salmon with herbed cream cheese, watercress or rocket leaves and, if desired, lemon wedges on the side.

BLUEBERRY AND LIME BELLINI

PREP TIME: 10 MINS
SERVES 6 (AS A DRINK)

2 x 125g punnets blueberries
2 tsp icing sugar, sifted or gluten-free icing sugar
Freshly grated zest of 1 lime and juice of ½ lime
375ml (1½ cups) low-joule sparkling wine
Chilled soda water, to serve

1 **Put blueberries, icing** sugar, lime zest and juice in a bowl or mortar. Use a pestle to pound berries until crushed, all juices have come out and they are in small pieces. Keep in an airtight container in fridge.
2 **Spoon a little blueberry mix** into each champagne glass. Pour a little sparkling wine into each glass. Once bubbles subside, top up with a splash of soda water and serve.

WATERMELON ICED TEA

PREP TIME: 15 MINS (+ OVERNIGHT CHILLING)
SERVES 6 (AS A DRINK)

6 Twinings Strawberry, Raspberry & Loganberry Tea Bags
2 Tbsp caster sugar or granulated sugar ➤

String up fairy lights for evening meals with a little extra magic...

1.8L boiling water
400g roughly chopped seedless watermelon flesh
Juice of 2 limes
Ice cubes
Mint leaves
1 cup finely chopped watermelon

1 **Put tea bags,** caster sugar and boiling water in a large heatproof jug. Stir well until sugar dissolves. Set aside to cool. Once cool, cover and transfer to fridge overnight to allow tea flavours to develop.
2 **Remove tea bags** and discard. Put roughly chopped watermelon and lime juice in a blender, cover and blend until smooth. Pour mixture through a fine sieve into a jug. Stir watermelon juice into chilled tea.
3 **To serve,** fill glasses with ice, mint leaves and finely chopped watermelon and pour tea over.

RADICCHIO, PEAR AND CUCUMBER SALAD WITH LEMON DRESSING

PREP TIME: 20 MINS
SERVES 6 (AS A NON-CARB SIDE)

½ head radicchio, outer layers removed, leaves quartered
½ head baby cos, leaves separated, leaves quartered
4 radishes, trimmed, halved lengthways, thinly sliced
1 Nashi pear, quartered, core removed, sliced lengthways
2 small Lebanese cucumbers, peeled into ribbons

Lemon dressing

2 Tbsp extra light sour cream
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
Juice of 1 small lemon
1 Tbsp boiling water
Freshly ground black pepper

1 **Combine radicchio,** cos, radishes, pear and cucumbers in a shallow serving bowl.
2 **To make lemon dressing,** whisk all ingredients in a small bowl.
3 **Drizzle dressing** over the salad and serve immediately.

SHAVED SPROUT, WALNUT, POMEGRANATE AND FETA SALAD

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 6 (AS A NON-CARB SIDE)

400g Brussels sprouts, outer layer removed and ends trimmed
250g sugar snap peas, topped and tailed
2 cups loosely packed mint leaves, torn
40g walnuts, toasted, roughly chopped (see Cook's Tip)
½ pomegranate, seeds removed
50g reduced-fat feta, crumbled

Dressing

2 Tbsp fresh pomegranate juice (from whole pomegranate)
2 Tbsp fresh orange juice, strained
2 tsp extra virgin olive oil
½ tsp ground sumac

1 **Place sprouts** in a steamer basket over a saucepan of simmering water. Cover and steam for 3-4 minutes or until sprouts are just tender. Rinse under cold water. Drain well.
2 **Add sugar snap peas** to steamer basket. Cover and steam for 2 minutes. Rinse under cold water. Drain well.
3 **Thinly shred sprouts** lengthways. Diagonally slice sugar snap peas. Place both in a large bowl. Add mint leaves, walnuts and pomegranate. Toss well to combine.
4 **To make dressing,** whisk all ingredients in a small bowl.
5 **Drizzle dressing** over salad and toss to combine. Transfer to a serving plate or shallow bowl. Sprinkle over the feta. Serve.

COOK'S TIP

To toast walnuts, spread on a small baking tray and cook in an oven preheated to 170°C (fan-forced) for 8-10 minutes, turning once, or until lightly toasted. ■

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BRETT STEVENS
STYLING MARIE-HELENE CLAUZON **FOOD PREPARATION** THERESSA KLEIN

Road Test: Salad Dressings

While it's always better to make your own, if you prefer to buy dressing, look for those made with healthier oils (particularly olive oil) and with the least amount of salt and added sugars (remembering that low-fat varieties often have more salt and sugar). *DL* dietitian and diabetes educator Dr Kate Marsh has scanned the shelves and chosen the products that most closely meet the criteria.

Birch & Waite Greek Lemon Dressing

Made with a combination of canola and olive oil with lemon juice, herbs and spices, this dressing has no added sugar and is free of artificial flavours, colours and preservatives.
Provides 358kJ, 9.2g fat, 0.8g saturated fat, 0.4g carbs, 0.4g sugar and 134mg sodium per 20ml serve.

Paul Newman's Own Classic Dressing

Made with a combination of soybean and olive oil with vinegar, lemon juice and mustard, this dressing is lower in sodium than many other varieties.
Provides 322kJ, 8.4g fat, 0.9g saturated fat, 0.6g carbs, 0.6g sugar and 70mg sodium per 20ml serve.

Praise Deli Style French Vinaigrette

A lower fat and energy vinaigrette made with a combination of olive and sunflower oil and vinegar, this dressing is also relatively low in sugar although higher in sodium than our other picks.
Provides 140kJ, 2.9g fat, <1g saturated fat, 1.5g carbs, 1.3g sugar and 150mg sodium per 20ml serve.

Red Kellys Tasmania Creamy Caesar

If you can't do without Caesar dressing, this one is made from cold-pressed Australian canola oil and is low in sodium and free from artificial flavours and colours.
Provides 216kJ, 5.1g fat, 0.5g saturated fat, 1.3g carbs, 1g sugar and 32mg sodium per 20ml serve.

Birch & Waite Thai, Lime & Coriander Dressing

Good for Asian salads, this dressing is made from canola oil combined with lime juice, soy sauce, coriander, chilli and ginger, without the high sodium content of most Asian-style dressings.
Provides 113kJ, 2.2g fat, 0.2g saturated fat, 1.3g carbs, 1.3g sugar and 127mg sodium per 20ml serve. ■

WORDS KATE MARSH **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Guilt-Free Treats

No need to avoid the dessert table when you bring these lightened-up bickies and bars to the party

CRANBERRY CHEESECAKE BARS

NUTRITION INFO
PER SERVE 560kJ, **protein** 4g, **total fat** 7.4g (sat. fat 3.9g), **carbs** 13g, **fibre** 1g, **sodium** 93mg • **Carb exchange** 1 • **GI estimate** medium

How our food works for you see page 78

PISTACHIO AND WHITE CHOCOLATE BISCUITS

NUTRITION INFO

PER SERVE (with sugar) 440kJ, **protein** 2g, **total fat** 6g (sat. fat 1.5g), **carbs** 11g, **fibre** 0g, **sodium** 65mg, • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

PER SERVE (with sugar substitute) 400kJ, **protein** 2g, **total fat** 6g (sat. fat 1.5g), **carbs** 9g, **fibre** 0g, **sodium** 65mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

LC

CHOC-MINT CRINKLE COOKIES

VANILLA CANDY CANE PEPPERMINT BARS

CHOC-ORANGE SHORTBREAD

NUTRITION INFO

PER SERVE (with sugar) 600kJ, **protein** 3g, **total fat** 7.4g (sat. fat 2.5g), **carbs** 16g, **fibre** 1g, **sodium** 56mg • **Carb exchange** 1 • **GI estimate** medium

PER SERVE (with sugar substitute) 540kJ, **protein** 3g, **total fat** 7.4g (sat. fat 2.5g), **carbs** 12g, **fibre** 1g, **sodium** 56mg • **Carb exchange** 1 • **GI estimate** medium

SWEET ON HEALTH

Follow these tips to lighten up desserts:

1 **Choose dark chocolate** with at least 70 per cent cocoa over milk chocolate. Dark has less sugar, and its rich flavour means you can use less.

2 **Add unsalted nuts**, such as peanuts, pistachios and walnuts, which contain healthy fats.

3 **Use reduced-fat Greek yoghurt** to replace some of the oil and butter in recipes. You'll save on kilojoules and add protein.

4 **Add whole grains**, such as rolled oats, for a little bit of crunch in every bite, plus extra fibre.

VANILLA CANDY CANE PEPPERMINT BARS

25g CARBS

PREP TIME: 20 MINS (+ SETTING)
COOK TIME: 20 MINS
MAKES 16 PIECES (1 PER SERVE AS AN OCCASIONAL DESSERT)

1 Preheat oven to 180°C (fan-forced). Line a 20cm square cake tin (base measurement) with baking paper, allowing the paper to overhang the sides.
2 Using electric beaters, beat **¾ cup sugar**, **⅓ cup canola oil**, **60g egg** and **1 tsp vanilla essence** in a medium bowl on medium speed for 2 minutes or until mixture thickens slightly and is pale yellow in colour. Add **1 cup plain flour**, **½ tsp baking powder** and **½ tsp bicarbonate of soda**. Beat on low speed until just combined. Stir in **2 Tbsp of crushed peppermint candy canes**. Pour into lined tin.
3 Bake mixture for 20-25 minutes or until edges are puffed and the top is golden brown. Transfer pan to a wire rack to cool. Once cool, cut into 16 bars.
4 Line a tray with baking paper. Dip one corner of each bar into **80g melted dark chocolate** and place on tray. Sprinkle chocolate with **2 Tbsp crushed peppermint candy canes**. Set aside to allow chocolate to set.

NUTRITION INFO
PER SERVE 730kJ, **protein** 2g, **total fat** 7.9g (sat. fat 1.8g), **carbs** 25g, **fibre** 0g, **sodium** 58mg • **Carb exchanges** 1½ • **GI estimate** high

PISTACHIO AND WHITE CHOCOLATE BISCUITS

11g CARBS

PREP TIME: 30 MINS (+ SETTING)
COOK TIME: 10 MINS
MAKES 45 (1 PER SERVE AS A SNACK)

1 Preheat oven to 190°C (fan-forced). Line 2 large baking trays with baking paper.
2 Using electric beaters, beat **125g margarine** on medium for 30 seconds. Add **½ cup sugar** (or granulated sugar substitute), **½ cup brown sugar**, **¼ cup canola oil** and **1 tsp bicarbonate of soda**. Beat for 2 minutes. Add **2 x 60g eggs**, lightly whisked, and **1 tsp vanilla essence** and beat until well combined. Add **2 cups plain flour** and beat until just combined. Stir in **½ cup salted, dry-roasted, coarsely chopped pistachio nuts** and **⅓ cup coarsely chopped white cooking chocolate**.
3 Drop tablespoons of mixture about 5cm apart on the lined trays. Bake for 7 minutes or until edges are brown. Set aside on trays for 2 minutes. Transfer to a wire rack to cool.
4 Put **⅔ cup coarsely chopped white cooking chocolate** in a small saucepan and cook, stirring, over low heat for 3-4 minutes or until chocolate melts. Put the chocolate into a piping bag and pipe over biscuits. Sprinkle with **½ cup coarsley chopped pistachios**. Set aside to allow chocolate to set.

CHOC-MINT CRINKLE COOKIES

17g CARBS

PREP TIME: 20 MINS (+ 30 MINS CHILLING)
COOK TIME: 10 MINS
MAKES 40 (1 PER SERVE AS A DESSERT)

1 Put **125g chopped dark chocolate** and **125g margarine** in a small saucepan and heat, stirring, over low heat until margarine melts. Set aside for 10 minutes to cool slightly.
2 Combine **1½ cups sugar**, **2 tsp baking powder** and **¼ tsp bicarbonate of soda** in a large bowl. Stir in chocolate mixture. Add **3 x 60g eggs**, lightly whisked, **¼ cup fat-free Greek yoghurt**, **1 tsp vanilla essence** and **¼ tsp peppermint essence**. Mix until well combined. Sift **1½ cups plain flour** and **½ cup wholemeal flour** with **⅓ cup Dutch cocoa powder** over batter and stir until well combined. Cover and put in fridge for 30 minutes to chill, or until firm.
3 Preheat oven to 180°C (fan-forced). Line 2 baking trays with baking paper. Shape dough into 1.5cm balls. Roll balls in **icing sugar** and place 5cm apart on lined trays. Bake for 8 minutes or just until edges are firm. Set aside on trays for 5 minutes before transferring to wire racks to cool.

NUTRITION INFO

PER SERVE 450kJ, **protein** 2g, **total fat** 3.6g (sat. fat 1.5g), **carbs** 17g, **fibre** 1g, **sodium** 48mg • **Carb exchange** 1 • **GI estimate** medium

CRANBERRY CHEESECAKE BARS

13g CARBS

PREP TIME: 15 MINS (+ 4 HOURS CHILLING)
COOK TIME: 40 MINS
MAKES 24 SERVES (1 PER SERVE AS AN OCCASIONAL DESSERT)

1 Put **1 cup frozen cranberries**, **½ cup fresh orange juice** and **2 tsp sugar** in a medium saucepan. Bring to the boil over high heat. Reduce heat and simmer, stirring occasionally, for 12 minutes or until cranberries soften. Cool. Transfer to food processor and process until smooth. Pour through fine sieve to get ⅓ cup, discarding solids.
2 Preheat oven to 180°C (fan-forced). Line a 22 x 32cm slab tin with baking paper. Place **½ cup rolled oats** in food processor and process until coarsely chopped. Mix with **½ cup wholemeal flour**, **⅓ cup brown sugar** and **60g melted light margarine** until well combined. Press into the pan (it will only be a thin layer).
3 Beat **500g softened light cream cheese**, **¾ cup sugar** and **1 tsp vanilla essence** in a bowl until smooth. Beat in **¼ cup skim milk**. Add **4 x 60g eggs**, lightly whisked, and beat until just combined. Spread over crust. Drop teaspoonfuls of cranberry mixture on top of cream cheese mixture. Swirl with a fork to create a marble effect. Bake for 25 minutes, or until the centre is just set. Set aside to cool. Cover and place in fridge for at least 4 hours, or until well chilled and firm.

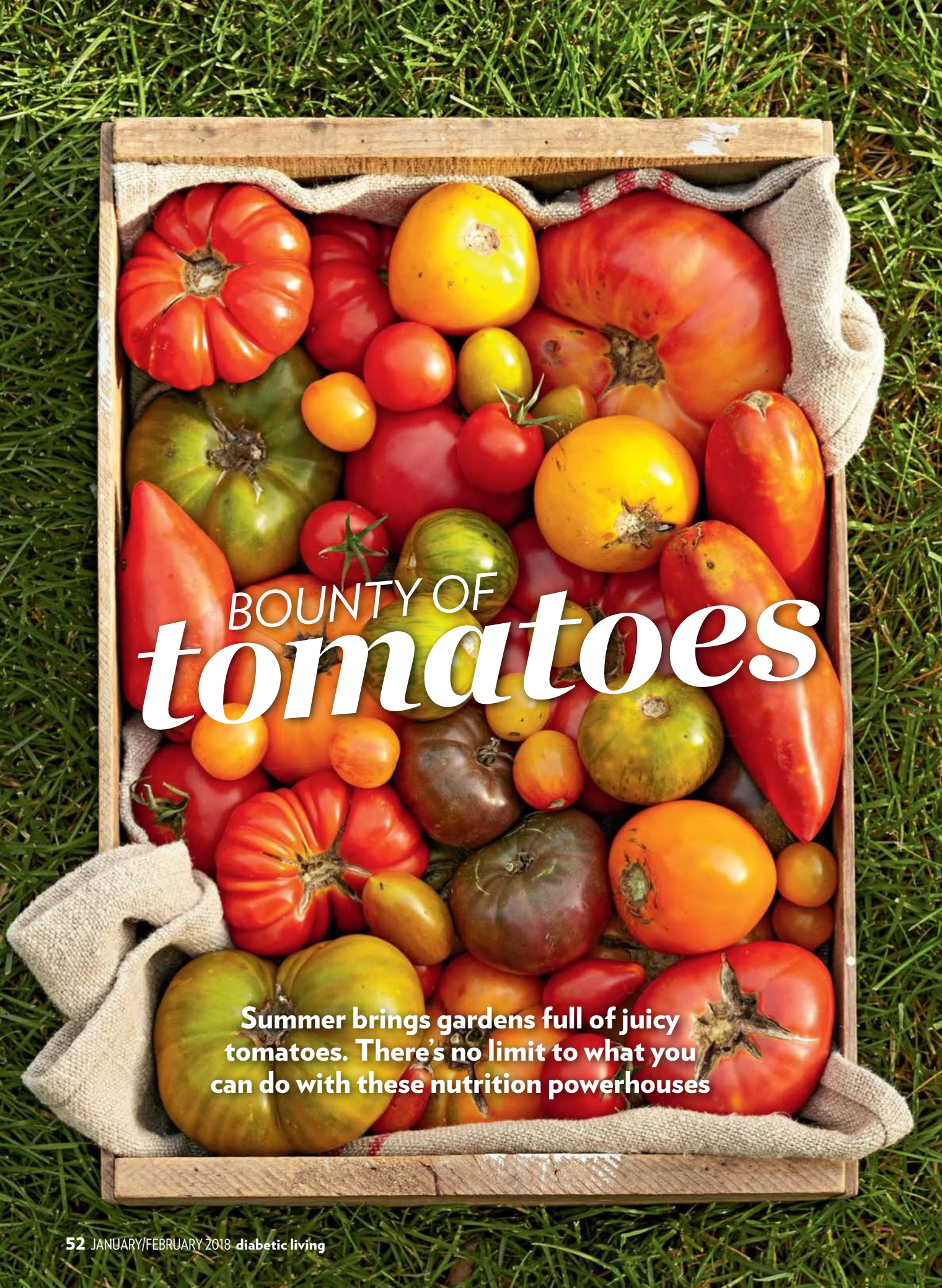
CHOC-ORANGE SHORTBREAD TARTLETS

16g CARBS

PREP TIME: 15 MINS (+ COOLING)
COOK TIME: 15 MINS
MAKES 24 (2 PER SERVE AS AN OCCASIONAL DESSERT)

1 Preheat oven to 180°C (fan-forced). Spray 24 x 30ml (1½ Tbsp) muffin tins with **cooking spray**.
2 Combine **1 cup plain flour**, **¼ cup sugar** (or granulated sugar substitute) and **¼ cup Dutch cocoa powder** in a bowl. Add **125g light margarine** and, using your fingertips, rub in until well combined and dough starts to come together. Shape dough into 24 balls. Place one ball in each tin and press mixture over bases and up sides of muffin tins.
3 Bake pastry cases for 12-15 minutes or until just cooked. Cool in tins for 10 minutes. Run a knife around edge of each cup. Carefully remove from tins and place on wire racks to cool completely.
4 To make filling, whisk **170g Farmers Union Greek-style Vanilla Yoghurt** and **1 tsp orange zest** in a small bowl. Fold in a **150g tub whisked vanilla frûche**. Spoon filling into pastry cups. If desired, sprinkle with extra orange zest. Serve. ■

RECIPES NANCY S. HUGHES, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY JASON DONNELLY **STYLING** JENNIFER PETERSON **ILLUSTRATION** RICARDO GONZALEZ



BOUNTY OF tomatoes

Summer brings gardens full of juicy tomatoes. There's no limit to what you can do with these nutrition powerhouses

TOMATO, ASPARAGUS AND FENNEL SALAD

PREP TIME: 15 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SIDE)

8 asparagus spears, woody ends trimmed, diagonally sliced into 5cm pieces
1 small fennel bulb, fronds intact
50g (2 cups) baby spinach leaves
500g mixed tomatoes (such as cherry, grape or regular), halved or cut into chunks
50g bocconcini, cut into 2cm pieces
½ cup small basil leaves
2 Tbsp finely shredded parmesan

Lemon and eschalot vinaigrette
2 eschalots, finely chopped
3 Tbsp fresh lemon juice
1 Tbsp olive oil
1 garlic clove, crushed
Freshly ground black pepper

1 **Bring a small saucepan** of water to the boil. Add asparagus and cook for 1-2 minutes or until tender. Drain and rinse under cold water to cool quickly. Drain again.
2 **To make the vinaigrette,** combine the eschalots, lemon juice, oil, garlic and pepper in a small bowl. Stir and set aside.
3 **Trim fennel,** reserving fronds. Snip or finely chop enough fronds to get 2 tsp. If desired, reserve additional fronds to serve. Halve and core fennel bulb and cut into very thin slices (see Cook's Tip).
4 **Put asparagus,** fennel slices, spinach, tomato, bocconcini and basil in a bowl. Toss to combine. Stir chopped fennel fronds into vinaigrette and add to the salad. Toss to combine.
5 **To serve,** sprinkle parmesan over salad and top with additional fennel fronds, if using.

COOK'S TIP
Use a thin blade on a mandolin or slicing blade on a food processor to thinly slice the fennel. ➤

How our food works for you
see page 78

NUTRITION INFO
PER SERVE 566kJ, **protein** 6g, **total fat** 8.3g (sat. fat 2.8g), **carbs** 6g, **fibre** 6g, **sodium** 130mg
• **Carb exchanges** ½
• **GI estimate** low
• **Gluten free**
• **Lower carb**

GF
LC

SERVING SUGGESTION

Cook 70g of Vetta Smart Pasta High Protein Low Carb pasta per person and 250ml (1 cup) sauce. Serve with salad as a main meal.

SMOKY TOMATO PASTA SAUCE

Make this your new go-to pasta topping – it's so jam-packed with flavour!

see recipe, page 59 >>

GF

NUTRITION INFO

PER SERVE (1 cup, sauce only) 719kJ, **protein** 6g, **total fat** 4.6g (sat. fat 0.6g), **carbs** 21g, **fibre** 8g, **sodium** 37mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**

NUTRITION INFO GFO
PER SERVE 388kJ, **protein** 4g, **total fat** 1.7g (sat. fat 0.7g), **carbs** 18g, **fibre** 2g, **sodium** 96mg • **Carb exchange** 1 • **GI estimate** low • **Gluten-free option**

ROASTED TOMATO AND RICOTTA BRUSCHETTA

PREP TIME: 15 MINS
COOK TIME: 50 MINS
SERVES 10 (2 PIECES PER SERVE, AS A SNACK OR STARTER)

500g assorted tomatoes, seeded, chopped
2 eschalots, cut into thin wedges
5 medium strawberries, quartered
260g (1 cup) low-fat ricotta
2 Tbsp honey
½ tsp finely grated lemon zest
170g wholemeal sourdough baguette or gluten-free bread
Cooking spray
Balsamic glaze, to serve
Small basil leaves, to serve
Freshly ground black pepper

1 **Preheat oven** to 200°C (fan-forced). Line a large baking dish with baking paper. Arrange tomatoes and eschalots in dish. Roast for 45 minutes, stirring twice, or until tomatoes are lightly browned and slightly dry. Transfer to a bowl. Stir in strawberries. Set aside to cool slightly.

2 **Combine the ricotta,** honey and lemon zest in a small bowl.

3 **Increase oven temperature** to 220°C (fan-forced). Cut bread diagonally into 20 slices. Lightly spray slices with cooking spray. Place slices on large tray and bake for 5-7 minutes, turning once, or until light brown and crisp.

4 **Spread the bread slices** with ricotta mixture. Top with the tomato mixture. Drizzle over a little balsamic glaze and add a few basil leaves. Sprinkle with pepper and serve. ➤

NUTRITION INFO GFO LC
PER SERVE 365kJ, **protein** 5g, **total fat** 4.2g (sat. fat 1g), **carbs** 6g, **fibre** 1g, **sodium** 142mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

STUFFED MUSHROOMS WITH ROASTED TOMATO AIOLI

These earthy bundles are bursting with potassium and fibre.

see recipe, page 59 >>

TOMATO AND ZUCCHINI SALAD

PREP TIME: 30 MINS
COOK TIME: 2 HOURS 15 MINS
SERVES 6 (AS A SIDE)

- **12 Roma tomatoes, cut into 3mm-thick slices**
- **3 Tbsp white wine vinegar**
- **2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise**
- **2 garlic cloves, crushed**
- **Freshly ground black pepper**
- **4 cups thin long shreds zucchini (see Cook's Tip)**
- **190g (¾ cup) rinsed and drained canned cannellini beans**
- **2 green shallots, thinly sliced**
- **¼ cup finely shredded basil**
- **2 tsp chopped oregano**
- **¼ cup pine nuts or chopped walnuts, toasted (see Cook's Tip)**
- **Small basil leaves (optional), to serve**

1 Preheat oven to 110°C (fan-forced). Line two baking trays with baking paper. Arrange tomatoes in a single layer on the lined trays. Bake for 1 hour. Transfer a quarter of the tomatoes to a blender. Set aside. Turn remaining tomatoes over and continue roasting for 1 hour 15 minutes, or until dried but still slightly soft. Place baking trays on wire racks to cool.

2 Add white wine vinegar, mayonnaise, garlic and pepper to tomatoes in the blender. Cover and blend until smooth.

3 Put zucchini shreds, beans, shallots, shredded basil and oregano in a large bowl and toss to combine. Chop roasted tomatoes and add to salad. Drizzle dressing over and toss to coat. Sprinkle with pine nuts and basil leaves, if using. Serve.

GFO

NUTRITION INFO
PER SERVE 660kJ, **protein** 7g, **total fat** 6.3g (sat. fat 0.4g), **carbs** 14g, **fibre** 7g, **sodium** 162mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

COOK'S TIPS

1 You will need about 3 zucchini for this. To make long thin shreds, trim the ends off the zucchini. Run a julienne peeler along the length of the zucchini. Alternatively, use a vegetable spiraliser to make zucchini noodles. You can also cut the zucchini into long strips by hand or use a vegetable peeler to make long thin zucchini ribbons.

2 To toast nuts, cook in a small non-stick frying pan over medium heat, stirring continuously, for 3-4 minutes or until toasted. ➤

NUTRITION INFO
PER SERVE 1140kJ, **protein** 12g, **total fat** 14.4g (sat. fat 3.9g), **carbs** 21g, **fibre** 5g, **sodium** 177mg
- **Carb exchanges** 1½
- **GI estimate** medium

COOK'S TIP
To keep the crust from getting soggy, make sure to dry the tomato slices on paper towels for one hour to remove excess moisture.

COUNTRY-STYLE TOMATO FLATBREAD
On the hunt for the perfect picnic food? Look no further than this crisp and cheesy delight.
see recipe, page 60 >>

GF

NUTRITION INFO
PER SERVE 384kJ, **protein** 4g, **total fat** 0.9g (sat. fat 0.3g), **carbs** 13g, **fibre** 5g, **sodium** 39mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**

SUMMER GAZPACHO

When the hot weather arrives, greet it with refreshing chilled soup.

see recipe, page 60 >>

SMOKY TOMATO PASTA SAUCE

PREP TIME: 20 MINS
COOK TIME: 1 HOUR 30 MINS
MAKES 2.5L (10 CUPS, 1 CUP PER SERVE AS PART OF A MAIN)

4 red capsicums, quartered, seeds removed
2 Tbsp olive oil
1 large brown onion, chopped
12 garlic cloves, crushed
2 tsp ground cumin
2 tsp ground coriander
2 tsp smoked paprika
3.5kg Roma tomatoes, peeled and coarsely chopped (see Cook's Tip)
60ml (¼ cup) honey
2 Tbsp apple cider vinegar
1 tsp freshly ground black pepper
1 cup chopped coriander
5 Tbsp fresh lemon juice

1 **Preheat a grill** on medium-high. Line a large baking tray with foil. Place capsicum, cut side down, on lined tray. Put under grill and cook for 10 minutes, turning once, or until capsicum skin is charred and very tender. Remove from grill and wrap in foil. Set aside. When cool enough to handle, peel and discard skins. Roughly chop capsicum.
2 **Meanwhile,** heat the oil in a large heavy-based saucepan over medium heat. Add onion and cook, stirring occasionally, for 5 minutes or until tender. Stir in garlic, cumin, coriander and paprika. Cook, stirring often, for 1 minute.
3 **Add tomatoes,** honey, vinegar and pepper. Cover and bring to the boil. Use a potato masher to crush tomatoes. Reduce heat to a simmer and cook, uncovered, for 20 minutes, stirring occasionally. Stir in capsicum and continue to cook for 15-20 minutes or until mixture reaches a desired consistency. Remove pan from heat and stir in coriander and lemon juice.
4 **Ladle hot pasta sauce** into clean preserving jars, leaving a 1.5cm gap at the top. Wipe jar rims and put on lids. Add jars to a large saucepan of simmering water, making sure the water almost reaches the top of the jars. Simmer for 30 minutes. Remove from water and allow to cool. Keep in fridge. This sauce can also be frozen for up to 6 months.

COOK'S TIP

To peel tomatoes, bring a large saucepan of water to the boil. Using a sharp knife, cut a shallow X in the base of each tomato. Add the tomatoes to the boiling water for 30-60 seconds or until the skins start to split. Using a slotted spoon, transfer the tomatoes to a large bowl of iced water. Peel and discard the skins.

STUFFED MUSHROOMS WITH ROASTED TOMATO AIOLI

PREP TIME: 30 MINS
COOK TIME: 1 HOUR 10 MINS
SERVES 6 (2 PER SERVE AS A STARTER, SNACK, OR SIDE)

2 Roma tomatoes, cut into 5mm-thick slices
2 tsp olive oil
Freshly ground black pepper
12 medium button mushrooms, about 5cm in diameter
100g lean turkey breast mince
¼ cup finely sliced green shallots, plus extra to serve (optional)
½ tsp dried mixed herbs
2 Tbsp wholegrain breadcrumbs or gluten-free breadcrumbs
2 tsp Dijon mustard or gluten-free mustard
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
¼ tsp finely grated lemon zest
3 cherry tomatoes (optional), quartered, to serve

1 **Preheat oven** to 180°C (fan-forced). Line a large baking dish with baking paper. Arrange tomato slices in lined pan. Drizzle with half the oil and sprinkle with pepper. Bake for 55-60 minutes or until tomatoes are light brown and nearly dry, turning once. Transfer pan to a wire rack to cool.
2 **Meanwhile,** line a shallow baking dish with baking paper. Remove stems from mushrooms and set aside. Place mushrooms, stem side down, in dish. Bake for 10 minutes. Transfer mushrooms to a plate lined with paper towel. Set aside to cool.
3 **Finely chop** mushroom stems. Heat remaining oil in a small non-stick frying pan over medium. Add mushroom stems, turkey mince, shallots, herbs and pepper. Cook, stirring, for 3-4 minutes or until turkey is browned. Finely chop roasted tomatoes. Add about two-thirds of the tomatoes to turkey mixture. Stir in breadcrumbs and mustard.
4 **Return mushrooms,** stem side up, to baking dish. Spoon filling evenly into mushrooms, pressing down lightly. Bake for 10 minutes or until mushrooms are tender and the filling is heated through. ➤

5 Meanwhile, combine remaining chopped tomatoes, mayonnaise and lemon zest in a small bowl to make a tomato aioli.
6 To serve, spoon aioli on each mushroom. Top with cherry tomatoes and shallots, if desired.

COUNTRY-STYLE TOMATO FLATBREAD

PREP TIME: 20 MINS (+ 1 HOUR STANDING)
COOK TIME: 20 MINS
SERVES 8 (1 SLICE EACH, AS A LIGHT MEAL)

500g assorted tomatoes, cut into 1.5cm-thick slices
1 tsp skim milk
125ml (½ cup) Dolmio Alfredo Pasta Sauce
2 tsp thyme leaves, plus extra (optional), to serve
2 garlic cloves, crushed
Freshly ground black pepper
90g (¾ cup) grated gruyere
1 cup shredded cooked chicken breast
1½ cups garden salad per person, to serve

Cornmeal pastry

80g (½ cup) wholemeal plain flour
75g (½ cup) plain flour
50g (¼ cup) polenta (cornmeal)
2 Tbsp light margarine
2 Tbsp canola oil
4-5 Tbsp cold water

1 Line a large tray with 2 layers of paper towel. Arrange tomatoes on tray. Pat dry. Set aside, covered with paper towel, for 1 hour.
2 To make cornmeal pastry, put flours and cornmeal in a bowl. Mix until well combined. Add margarine and use your fingers to rub in until well combined. Stir in oil. Add water, 1 Tbsp at a time, mixing until mixture starts to come together. Turn out onto a floured surface and bring together to form a ball.
2 Preheat oven to 200°C (fan-forced). Roll pastry out on a piece of baking paper to make a 30cm x 20cm rectangle. Lift baking paper and pastry onto a large baking tray. Brush top of pastry with milk. Bake for 10-15 minutes or until light brown and cooked through. Remove from oven and set aside.
4 Preheat a grill on medium-high. Combine pasta sauce, thyme, garlic, pepper and ½ cup cheese in a bowl. Spread over bread. Top with chicken and tomatoes (see Cook's Tip, page 57). Sprinkle with rest of cheese. Place under grill and cook for 3-5 minutes or until cheese starts to brown. Serve with salad and, if desired, extra thyme.

SUMMER GAZPACHO

PREP TIME: 20 MINS (+ 6 HOURS CHILLING)
SERVES 6 (AS A ENTRÉE)

1kg ripe tomatoes, peeled and finely chopped (see Cook's Tip, page 59)
¾ cup finely chopped watermelon
¾ cup finely chopped yellow, red and/or orange capsicum
1 small red onion, finely chopped
1 small Lebanese cucumber, finely chopped
2 garlic cloves, crushed
Freshly ground black pepper
3 Tbsp fresh lime juice
2 Tbsp water
70g (¼ cup) plain Greek-style natural yoghurt
1 Tbsp honey
3 Tbsp chopped mint

Cucumber topping

1 Lebanese cucumber, finely chopped
½ red onion, very thinly sliced
125ml (½ cup) white wine vinegar
60ml (¼ cup) fresh lime juice

1 Combine chopped tomatoes, watermelon, capsicum, onion, cucumber, garlic and pepper in a bowl. Transfer half of the mixture to a blender. Add lime juice and water. Cover and process or blend until smooth. Return to remaining tomato mixture. Stir until well combined. Cover and place in fridge for 6 hours or until chilled.
2 Meanwhile, to make cucumber topping, combine cucumber and onion in a small bowl. Stir in vinegar and lime juice. Cover and put in fridge for 6 hours to chill.
3 To serve, whisk the yoghurt and honey together in a small bowl. Drain the cucumber topping, discarding liquid. Divide the chilled soup between serving bowls. Top with yoghurt mixture, cucumber topping and mint and then serve gazpacho immediately. ■

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BRETT STEVENS **STYLING** MARIE-HELENE CLAUZON **FOOD PREPARATION** THERESSA KLEIN

Cooking for one

Dine in style every night with our quick and easy fuss-free meals

How our food works for you
see page 78

NUTRITION INFO
PER SERVE 1950kJ, **protein** 31g, **total fat** 11.8g (sat. fat 2.7g), **carbs** 54g, **fibre** 10g, **sodium** 904mg
- **Carb exchanges** 3½
- **GI estimate** medium
- **Gluten-free option**

GFO

GNOCCHI WITH PORK AND TOMATO SAUCE
Gnocchi gnocchi, who's there? A hearty, wholesome and delicious meal!
see recipe, page 65 >>

INDIAN VEGETABLE CURRY

Lighter than your usual curry, but jam-packed with authentic flavour.

see recipe, page 65 >>

NUTRITION INFO
PER SERVE 2280kJ, **protein** 26g, **total fat** 17.2g (sat. fat 3.9g), **carbs** 62g, **fibre** 18g, **sodium** 429mg
- **Carb exchanges** 4
- **GI estimate** low

NUTRITION INFO
PER SERVE 1580kJ, **protein** 38g, **total fat** 7.6g (sat. fat 1.5g), **carbs** 34g, **fibre** 8g, **sodium** 481mg
- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

GFO

MISO PORK, GREEN BEAN AND SPINACH STIR-FRY

This bright and colourful bowl will have you feeling stir crazy!

see recipe, page 66 >>

Let solo meal times become moments to treat yourself

NUTRITION INFO
PER SERVE 2420kJ, **protein** 42g, **total fat** 19.1g (sat. fat 4.0g), **carbs** 47g, **fibre** 12g, **sodium** 556mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

GFO

WATERCRESS, PEAR AND CHICKEN SALAD

The amazing flavour combos in this salad have to be tasted to be believed!

see recipe, page 66 >>

Top up your recommended five daily serves of veg with one of these beauties for dinner

GNOCCHI WITH PORK AND TOMATO SAUCE

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 1 (AS A MAIN)

1 tsp extra virgin olive oil
½ brown onion, finely chopped
2 garlic cloves, crushed
100g extra-lean pork mince
1 tsp drained capers
2 Kalamata olives, pitted, chopped
185ml (¾ cup) no-added-salt canned chopped tomatoes
60ml (¼ cup) water
1 tomato, chopped
Freshly ground black pepper
100g gnocchi (from the fridge section of the supermarket) or gluten-free gnocchi
¼ cup basil leaves, shredded

1 **Heat oil** in a medium non-stick frying pan over medium. Add onion and garlic. Cook, stirring occasionally, for 5-6 minutes or until onion starts to soften.
2 **Add pork mince** and increase heat to high. Cook, stirring, for 1-2 minutes or until mince changes colour. Add capers, olives, canned tomatoes, water and fresh tomato. Cover and bring to a simmer over medium heat. Simmer, uncovered, for 5-6 minutes or until sauce thickens. Season with pepper.
3 **Meanwhile,** bring a medium saucepan of water to the boil over high heat. Add gnocchi and cook for 1-2 minutes or until gnocchi floats to the surface.
4 **Using a slotted spoon,** remove gnocchi and add to sauce. Cook for 1 minute to allow flavours to combine. Stir in basil, reserving a few leaves for garnish. Serve topped with extra basil.

COOK'S TIP

You can replace the pork mince with chicken breast mince or extra-lean beef mince.

INDIAN VEGETABLE CURRY

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 1 (AS A MAIN)

170g orange sweet potato, peeled, finely chopped
1 tsp olive oil
100g drained firm tofu, cut into cubes, patted dry with paper towel
1½ tsp garam masala
40g (¼ cup) frozen peas, defrosted
1 large tomato, sliced into wedges
30g (1 cup) baby spinach
Squeeze fresh lemon juice
1 Tbsp low-fat Greek-Style natural yoghurt
1 Tbsp mango chutney
1 Mission Garlic Chapatti

1 **Put sweet potato** in a small microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on High/100% for 4 minutes or until sweet potato is tender. Drain well and set aside.
2 **Heat the oil** in a medium non-stick frying pan over medium-high. Add tofu and cook, stirring often, until lightly golden. Add garam masala. Cook, stirring, for 30 seconds. Add frozen peas, tomato and sweet potato. Cook, stirring, for 2-3 minutes or until tomato starts to break down. Stir in spinach leaves and cook, stirring, for 1 minute or until leaves start to wilt.
3 **Remove pan** from heat and stir in the lemon juice. Transfer to a shallow bowl. Top with yoghurt and mango chutney. Serve with the chapatti on the side.

COOK'S TIP

You can replace the orange sweet potato with pumpkin and, if desired, add a good squeeze of lime juice in place of the lemon juice. ➤

MISO PORK, GREEN BEAN AND SPINACH STIR-FRY

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 1 (AS A MAIN)

2 Tbsp SunRice Doongara Clever Low GI White Rice
1 tsp olive oil
125g pork loin steak, trimmed of fat, thinly diagonally sliced
80g green beans, trimmed, diagonally sliced
½ red capsicum, cut into short, thin strips
1 garlic clove, crushed
1 tsp miso paste or gluten-free miso paste
1 tsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp fresh lemon juice
30g (1 cup) baby spinach

1 **Cook rice** in a small saucepan of boiling water following pack instructions. Drain well.
2 **Meanwhile,** heat half the oil in a non-stick wok over high. Add pork and cook for 1-2 minutes or until just cooked through. Transfer to a plate, cover and set aside.
3 **Heat remaining oil** in the wok over medium-high heat. Add beans, capsicum and garlic. Stir-fry for 2 minutes or until vegetables are almost tender. Add combined miso paste, soy sauce and lemon juice to wok with spinach. Toss to heat through. Add pork and toss again to heat through.
4 **Place the rice** in a shallow serving bowl. Top with pork mixture and serve.

COOK'S TIP

You can replace the pork loin steak with pork fillet and the red capsicum with green capsicum.

WATERCRESS, PEAR AND CHICKEN SALAD

PREP TIME: 20 MINS
COOK TIME: 5 MINS
SERVES 1 (AS A MAIN)

30g sourdough bread or gluten-free bread, torn into bite-sized pieces
Olive oil cooking spray
10g parmesan, finely grated
1½ cups picked watercress
1 pear, unpeeled, core removed, cut into thin wedges
100g chargrilled skinless chicken breast fillet, finely shredded (see Cook's tip)
1 Tbsp walnuts
100g (½ cup) drained, roasted red capsicum strips
60g button mushrooms, thinly sliced

1 **Preheat oven** to 180°C (fan-forced). Line a small baking tray with baking paper. Place bread on the tray and spray with cooking spray. Add half the parmesan and toss to combine, pressing parmesan onto the bread. Bake for 5 minutes or until bread is golden brown.
2 **Put watercress,** pear, chicken, walnuts, capsicum strips, mushrooms and remaining parmesan in a medium bowl. Toss well to combine. Add the bread cubes and toss gently to combine. Serve immediately.

COOK'S TIP

For the chicken, either use leftover chargrilled chicken or, to cook, simply spray skinless chicken breast with cooking spray and cook on a chargrill preheated to medium-high for 4 minutes each side, or until cooked through. Cool before shredding and adding to the salad. ■

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** LUCY BUSTILLI

Vegie noodles

This is the new way to eat "pasta", and it's colourful, tasty and packed with nutrients

Less than seven per cent of Australians are eating the recommended five serves of vegetables a day. So there's room for improvement in our daily diets! Swapping regular pasta for vegie noodles is the perfect way to boost your vegetable and nutrient intake and cut your carbs and kilojoules, while still enjoying all your favourite sauces.

SWEET POTATO GF

Rich in potassium and vitamin A, this powerful starchy carb is also low GI, helping you manage blood glucose levels and keeping you feeling fuller, longer. Peel a 400g small orange sweet potato. Use a spiraliser to cut potato into long strands. Bring saucepan of water to the boil. Add potato strands. Cook for 2 minutes or until tender. Drain. Serves 4 (as part of a main).

How our food works for you
see page 78

NUTRITION INFO
PER SERVE 250kJ, **protein** 2g, **total fat** 0.1g (sat. fat 0g), **carbs** 12g, **fibre** 3g, **sodium** 9mg
- **Carb exchange** 1
- **GI estimate** low
- **Gluten free**

SPIRALISERS

There are a few varieties of spiraliser, from small handheld models to those with electric motors. They will generally all do the same job, it just depends on how much you want to spend. Some will come with two blades and others three or four. If you have issues with peripheral neuropathy in your hands then an electric one may be best. Have a look in your local kitchen outlet or online at a store such as Victoria's Basement and have it delivered to your door.

ZUCCHINI GF LC

Use a spiraliser to cut 1.2kg (4 large) zucchini into strands (they'll cook down by half). Spray a 30cm non-stick frying pan with cooking spray. Heat over medium-high. Add half the zucchini and cook for 2-3 minutes or until tender. Remove from the pan and repeat with the remaining zucchini noodles. Serves 4 (as part of a main).

Zucchini
Super low in kilojoules and high in vitamin C, this delicious vegetable can aid the absorption of non-haem iron and promote immune response.

NUTRITION INFO

PER SERVE 200kJ, **protein** 3g, **total fat** 0.9g (sat. fat 0g), **carbs** 5g, **fibre** 3g, **sodium** 3mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

SPAGHETTI SQUASH GF

Halve 1 x 2kg spaghetti squash lengthways and remove seeds. Place squash, cut side down, on two baking trays lined with foil. Prick the skin all over. Bake in an oven preheated to 180°C (fan-forced) for 1 hour. Scrape pulp with a fork to create strands. Serves 4 (as part of a main).

Spaghetti squash
This high-fibre vegie will help support a healthy digestive system and give you a good hit of antioxidants.

NUTRITION INFO

PER SERVE 650kJ, **protein** 3g, **total fat** 3g (sat. fat 0.5g), **carbs** 28g, **fibre** 8g, **sodium** 85mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

NUTRITION INFO

PER SERVE (sauce only) 1210kJ, **protein** 37g, **total fat** 7.2g (sat. fat 1.6g), **carbs** 15g, **fibre** 8g, **sodium** 368mg • **Carb exchange** 1 • **GI estimate** low • **Gluten free**

PER SERVE (with sweet potato noodles) 1460kJ, **protein** 39g, **total fat** 7.2g (sat. fat 1.6g), **carbs** 27g, **fibre** 11g, **sodium** 377mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

MEDITERRANEAN CHICKEN AND TOMATO SAUCE WITH SWEET POTATO NOODLES GF

PREP TIME: 20 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A MAIN)

2 tsp extra virgin olive oil
1 brown onion, finely chopped
1 eggplant, finely chopped
500g chicken breast mince
2 zucchini, finely chopped
1 red capsicum, finely chopped
400g can chopped no-added-salt tomatoes
2 Tbsp no-added-salt tomato paste
125ml (½ cup) water
4 pitted Kalamata olives, sliced
1 Tbsp drained capers
2 Tbsp chopped flat-leaf parsley
Zest of ½ lemon
50g reduced-fat feta, crumbled

1 **Heat oil** in a large, deep, non-stick frying pan with a lid over medium heat. Add onion and eggplant. Cook, stirring often, for 6-7 minutes or until onion softens.

2 **Increase heat to high** and add chicken mince. Cook, stirring, until mince changes colour. Add zucchini, capsicum, tomatoes, tomato paste, water, olives and capers. Cover and bring to boil over high heat. Reduce heat to medium and simmer, covered, for 20 minutes. Simmer, uncovered, for a further 10 minutes or until the mixture reduces and thickens. Stir in the parsley and lemon zest.

3 **Serve the sauce** with sweet potato noodles. Sprinkle with the feta and serve.

RECIPES COLLEEN WEEDEN, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BRETT STEVENS **STYLING** MARIE-HELENE CLAUZON
FOOD PREPARATION THERESSA KLEIN

VARIATIONS

BEEF AND ZUCCHINI PASTA GF LC

Replace the chicken mince with extra-lean beef mince and the eggplant with 200g sliced button mushrooms. Omit the parsley and add 2 tsp dried mixed herbs in Step 2 with the vegetables. Omit the capers, swap the Kalamata olives for green olives and replace the feta with reduced-fat grated cheddar. Serve with zucchini noodles.

NUTRITION INFO
PER SERVE 1530kJ, **protein** 40g, **total fat** 13.1g (sat. fat 4.7g), **carbs** 16g, **fibre** 10g, **sodium** 240mg
• **Carb exchange** 1 • **GI estimate** low
• **Gluten free** • **Lower carb**

MEDITERRANEAN PRAWN AND RICOTTA WITH SPAGHETTI SQUASH GF

Omit the mince and cook the sauce as per recipe. Peel and devein 500g green prawns, leaving the tails intact. Pan-fry in a medium non-stick frying pan over high heat for 1-2 minutes each side or until lightly browned. Add to sauce for the last 2-3 minutes of cooking. Replace the feta with 100g low-fat ricotta and the parsley with finely shredded mint. Serve with spaghetti squash noodles.

NUTRITION INFO
PER SERVE 1490kJ, **protein** 23g, **total fat** 8.3g (sat. fat 1.6g), **carbs** 41g, **fibre** 15g, **sodium** 521mg
• **Carb exchanges** 2½
• **GI estimate** low
• **Gluten free** ■

Top your toast

Use toast as a base for a quick way to satisfy your hunger. Want gluten free? You know what to do

Shop smart. Always choose wholegrain breads to boost your fibre intake, aiming for at least 7g fibre per 100g. Also check that the sodium levels are no more than 400mg per 100g, and that one slice of bread contains about 15g of carbohydrate.

In these recipes we have chosen to use one slice of Helga's Wholemeal Grain bread.

TOMATO, BOCCONCINI AND BASIL

Top 1 slice toasted **bread** with 3 thin slices **tomato**, 30g thinly sliced **bocconcini**, 1 Tbsp shredded **basil** and 1 tsp **99% fat-free balsamic dressing**. Sprinkle with freshly ground **black pepper**.

NUTRITION INFO

PER SERVE 862kJ, **protein** 11g, **total fat** 7.5g (sat. fat 4.2g), **carbs** 21g, **fibre** 4g, **sodium** 364mg • **Carb exchanges** 1½ • **GI estimate** low

GOAT'S CHEESE, BLACKBERRY AND ALMOND

Spread 15g **goat's cheese** over 1 slice toasted **bread**. Top with 2 Tbsp **blackberries**, 1 Tbsp sliced **almonds** and 1 tsp **honey**.

NUTRITION INFO

PER SERVE 1070kJ, **protein** 10g, **total fat** 10g (sat. fat 2.8g), **carbs** 28g, **fibre** 6g, **sodium** 256mg • **Carb exchanges** 2 • **GI estimate** low

SALMON, CUCUMBER AND RED ONION

Spread 3 tsp **extra light cream cheese** over 1 slice toasted **bread**. Top with 4 thick slices **cucumber**, 105g can boneless **pink salmon**, drained and flaked, 1 Tbsp thinly sliced **red onion** and few sprigs of **dill**.

NUTRITION INFO

PER SERVE 1080kJ, **protein** 24g, **total fat** 7.2g (sat. fat 2.1g), **carbs** 22g, **fibre** 4g, **sodium** 313mg • **Carb exchanges** 1½ • **GI estimate** low

CHEDDAR AND ROASTED CORN

Top 1 slice toasted **bread** with 1 Tbsp drained canned no-added-salt **corn kernels**, 1 Tbsp drained canned no-added-salt **black beans** and 15g grated **reduced-fat cheddar**. Cook under grill preheated on medium for 2-3 minutes or until cheese melts. Top with 1 Tbsp **Mission Chunky Salsa**.

NUTRITION INFO

PER SERVE 855kJ, **protein** 11g, **total fat** 5.3g (sat. fat 2.7g), **carbs** 26g, **fibre** 5g, **sodium** 390mg • **Carb exchanges** 1½ • **GI estimate** low

MEDITERRANEAN

Spread 2 Tbsp **low-fat hummus** over 1 slice toasted **bread**. Top with 2 Tbsp drained **roasted red capsicum strips**, 15g **reduced-fat feta**, crumbled, and a few **basil leaves**.

NUTRITION INFO

PER SERVE 955kJ, **protein** 11g, **total fat** 7.4g (sat. fat 2.1g), **carbs** 26g, **fibre** 5g, **sodium** 469mg • **Carb exchanges** 1½ • **GI estimate** low

PEANUT BUTTER AND APPLE CINNAMON

Spread 1 Tbsp light crunchy **peanut butter** over 1 slice toasted **bread**. Top with ¼ cored and sliced **apple** and a pinch of **ground cinnamon**.

NUTRITION INFO

PER SERVE 1220kJ, **protein** 10g, **total fat** 13.9g (sat. fat 2.4g), **carbs** 28g, **fibre** 6g, **sodium** 365mg • **Carb exchanges** 2 • **GI estimate** low

WHITE BEAN

Top 1 slice toasted **bread** with ⅓ cup rinsed and drained **cannellini beans**, ½ tsp **basil pesto**, pinch **garlic powder** and 2 Tbsp chopped **tomato**.

NUTRITION INFO

PER SERVE 907kJ, **protein** 10g, **total fat** 3.4g (sat. fat 0.7g), **carbs** 30g, **fibre** 9g, **sodium** 262mg • **Carb exchanges** 2 • **GI estimate** low ■

RECIPES COLLEEN WEEDEN, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BLAINE MOATS **STYLING** JENNIFER PETERSON

Fast Ed's soup special

BHG TV's 'Fast Ed' Halmagyi shares the delicious cotriade – a fish stew specialty popular in the French province of Brittany

There's nothing better than fresh Australian seafood to make summer entertaining delicious. This light, healthy and zesty soup takes the very best ingredients and turns them into your new favourite dish in no time.

BRITTANY FISH SOUP

PREP TIME: 10 MINS
COOK TIME: 35 MINS
SERVES 4 (AS A MAIN)

Pinch saffron threads
1 Tbsp boiling water
1 Tbsp extra virgin olive oil
1 leek, thinly sliced
2 sticks celery, sliced
8 cloves garlic, crushed
½ bunch thyme leaves
4 bay leaves
Freshly ground black pepper
1L (4 cups) water
500ml (2 cups) Massel Salt-Reduced Chicken Stock
400g orange sweet potato, peeled, finely diced
1 swede, finely chopped
200g mussels, cleaned
400g white fish fillets, diced
300g small squid, cleaned, sliced
1 bunch flat-leaf parsley leaves, finely chopped
Lemon wedges and salad leaves, to serve

1 **Mix saffron threads** and water in a heatproof bowl and set aside.

2 **Heat the oil** in a large saucepan over medium heat. Add the leek, celery, garlic, thyme and bay leaves. Cook, stirring occasionally, for 5 minutes or until vegetables soften. Season with pepper.

3 **Add the water,** stock, saffron mixture, sweet potato and swede to the pan. Bring to a simmer over medium heat. Simmer gently for 15 minutes or until the sweet potato and swede are tender. Add mussels, fish and squid. Cover and reduce heat to low. Cook, covered, for 10 minutes or until mussels have opened. Stir in parsley.

4 **Serve the soup** with lemon wedges and salad leaves on the side. ■

SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* magazine and watch the *BHG* TV show on Channel 7. Check your TV guide for scheduling information.

RECIPE ED HALMAGYI **PHOTOGRAPHY** PABLO MARTIN
STYLING STEPHANIE SOUVLIS **FOOD PREPARATION** KAYLA CAMERON

How our food works for you
see page 78

NUTRITION INFO
PER SERVE 1540kJ, **protein** 44g, **total fat** 9.5g (sat. fat 2.0g), **carbs** 22g, **fibre** 10g, **sodium** 779mg • **Carb exchanges** 1½
GF • **GI estimate** low
• **Gluten free**
LC • **Lower carb**

Plan your week,

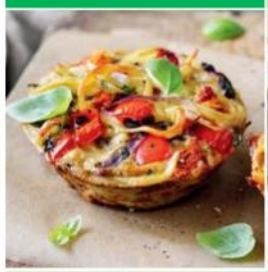
Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Goat's cheese, blackberry and almond toast (page 70), plus 1 piece fresh fruit	½ cup natural muesli with skim milk and ½ banana, sliced	Smoothie: 1 cup skim milk, ½ banana, ¼ cup Vaalia Vanilla Yoghurt	2 slices toasted rye bread with ½ small avocado, ½ cup low-fat ricotta and sliced tomato
Optional snack	Small skim latte	Date, apricot and coconut balls (page 77)	Fruit skewers with cinnamon and honey yoghurt (page 77)	175g tub Yoplait Formé Yoghurt and 4 strawberries
Lunch	2 cups salad, ½ cup chickpeas, ½ cup cottage cheese and balsamic glaze	Mediterranean toast (page 71), plus 1 cup garden salad	Salmon, cucumber and red onion toast (page 70), plus 30g unsalted nuts	White bean toast (page 71), plus 1 piece fresh fruit
Optional snack	Fruit skewers with cinnamon and honey yoghurt (page 77)	4 Vita-Weats with 40g reduced-fat cheese and sliced tomato	1 cup carrot/celery sticks and ½ tub Chobani Meze Tzatziki dip	Date, apricot and coconut balls (page 77)
Dinner	Chicken, olive and tomato rolls (page 38) ***Pictured above***	Smoky beef fajitas (page 36) ***Pictured above***	Balsamic chicken pasta salad (page 36) ***Pictured above***	Steamed Thai-style fish with rice (page 37) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a			
Optional dessert	Choc-mint crinkle cookie (page 51)	1 cup fruit salad	Pineapple, kiwi and honeydew icy pole (page 25)	1 cup skim milk with 2 tsp Nestlé Milo

Aim for 20-60 minutes of moderate exercise each day.

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
1 cup fruit salad with ¾ cup Vaalia Low-Fat French Vanilla Yoghurt	Peanut butter and apple cinnamon toast (page 71), plus 1 piece fresh fruit	2 poached eggs with ½ cup baby spinach and 1 slice toasted rye bread
4 Vita-Weats with 2 Tbsp hummus and sliced tomato	1cup vegie sticks and ½ tub Chobani Meze dip	2 grain rice cakes, ½ cup low-fat ricotta and 4 strawberries
1 salmon brown rice sushi roll, 1 cup steamed edamame beans and 2 fresh dates	2 cups salad, 95g canned tuna, 97% fat-free dressing and 175g tub Yoplait Formé yoghurt	Cheddar and roasted corn toast (page 71), plus 1 banana
Iced coconut latte ice pop (page 26)	30g unsalted nuts	Sliced apple with 1 Tbsp natural peanut butter
Mediterranean pasta pies (page 37) ***Pictured above***	Prosciutto, bocconcini and cucumber salad (page 38) ***Pictured above***	Pasta with crab and tomato (page 36) ***Pictured above***
good idea to have a couple of alcohol-free days a week		
½ cup low-fat custard and ½ banana, sliced	Skinny Cow ice-cream	Watermelon, raspberry and lime pops (page 25)

Always discuss your exercise plans with your doctor first

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

BBQ season is here

Hosting a barbecue this summer? Try our top five barbecue tips to wow your guests while ensuring they get a nutritious meal!

1 **Hydration is key** – ensure plenty of cool water is available and add flavour by serving with mint or sliced cucumber, strawberry or peach.

2 **Provide plenty of colourful vegies** – add vegetable sticks to dip platters and offer a variety of salads with main meals. Use salad dressings based on vinegars and healthy fats, such as extra virgin olive oil or avocado oil. Try barbecuing vegies and toss through a green salad to give a great punch of flavour.

3 **Choose your protein cuts wisely** – lean steak, skinless chicken breast, turkey burgers and seafood are always a huge hit on the barbecue. Always trim any visible fats off before cooking and cook over the griller to allow hidden fats to drip off. Add zest to your proteins with herbs and spices in rubs or marinades, and create interest by skewering them together with extra vegetables.

4 **Offer wholesome whole grains** – grainy rolls and brown rice or quinoa salads are a great accompaniment to any barbecue and ensure your guests don't leave hungry.

5 **Finish off with seasonal fruits** – served fresh, lightly caramelised on the barbecue or as icy poles (page 20). Fruit is a perfect summer dessert to leave you feeling refreshed. ■

Fruit fight!

Fresh snacks, a quick brekkie, the benefits of stone fruit and a new home steamer from our food editor *Alison Roberts*

IN THE ZONE

Breville's Steam Zone offers home cooks an efficient and effective way to steam food in their own kitchen. It's stainless steel and features a tray for steaming larger items such as poultry or fish. It includes two large individual stainless-steel baskets and is also compatible with traditional-style bamboo baskets for dumplings and Asian-inspired dishes. RRP $299.95. For stockist details call 1300 139 798 or visit breville.com.au

60 SECOND

BREAKFAST IDEA

Cut 1 peach into wedges and toss with 125g halved small strawberries and the pulp of 1 passionfruit. Spoon over 2 Tbsp low-fat Greek-style vanilla yoghurt and 2 Tbsp Crunchola cereal.

SUPERMARKET CRUSH

Chia bites

After something different and tasty to snack on? Then grab a pack of Be Natural Chia Exotic Berry Bites. They have a super-high fibre content, are a great source of omega-3 fatty acids and are the perfect portion for that mid-morning snack. They come in a pack of three. You can find these at Coles and independent supermarkets, RRP $4.99.

DL loves

60 SECOND BREAKFAST IDEA

PER SERVE 925kJ, **protein** 6g, **total fat** 5.2g (sat. fat 2.1g), **carbs** 32g, **fibre** 10g, **sodium** 30mg
• **Carb exchanges** 2
• **GI estimate** low

KITCHEN TIP

Two birds, one stone fruit

Summer is the best time of year to sink your teeth into delicious stone fruit. Sweet and juicy, they are the perfect fix for that sweet craving. Simply wash and eat as they are, or chop and add to a fruit salad.

A great breakfast option is to toast a slice of raisin bread, top it with 2 Tbsp low-fat ricotta sweetened with a little honey and serve topped with a sliced plum, peach or nectarine.

It's also a good time to try your hand at making your own fruit spread. I find a combination of peach, plum and apple is just delicious.

Australian peaches and nectarines are generally available from October to April, plums from November to April and apricots have a shorter season from November to February.

To keep stone fruit, allow to ripen at room temperature. Once ripe, transfer to the fridge and keep for 2-3 days. Stone fruit are a great source of low-GI carbs and contain a punch of vitamin C, potassium and antioxidants.

Remember to always eat stone fruit with the skin on as this is where you get most of the fibre.

QUICK SNACK IDEAS

FRUIT SKEWERS WITH CINNAMON AND HONEY YOGHURT GF

Hull 125g small **strawberries**, and peel and chop 1 **kiwifruit.** Thread the strawberries, kiwifruit, 1 cup chopped **pineapple** and 1 cup chopped **rockmelon** onto small wooden skewers. Whisk together 3 Tbsp **low-fat Greek-style natural yoghurt**, 1 tsp **honey** and a pinch of **ground cinnamon**. Serve yoghurt with skewers, drizzling over just before serving. Serves 2 as a snack.

PER SERVE 585kJ, **protein** 4g, **total fat** 1.3g (sat. fat 0.4g), **carbs** 24g, **fibre** 6g, **sodium** 52mg
• **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

DATE, APRICOT AND COCONUT BALLS GF

Put 100g dried pitted **dates**, 100g dried **apricots**, 50g roasted **hazelnuts**, skin removed, 2 Tbsp sifted **cocoa powder** and 1 Tbsp fresh **orange juice** in a small food processor. Cover and process until well combined and the mixture sticks together. Divide the mixture into 20 balls then roll in 2 Tbsp **desiccated coconut**. Keep in an airtight container in the fridge for up to 2 weeks. Makes 20 balls.

PER SERVE (2 balls) 335kJ, **protein** 1g, **total fat** 3.5g (sat. fat 0.9g), **carbs** 10g, **fibre** 2g, **sodium** 10mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free**

FRUIT FRAPPÉ GF

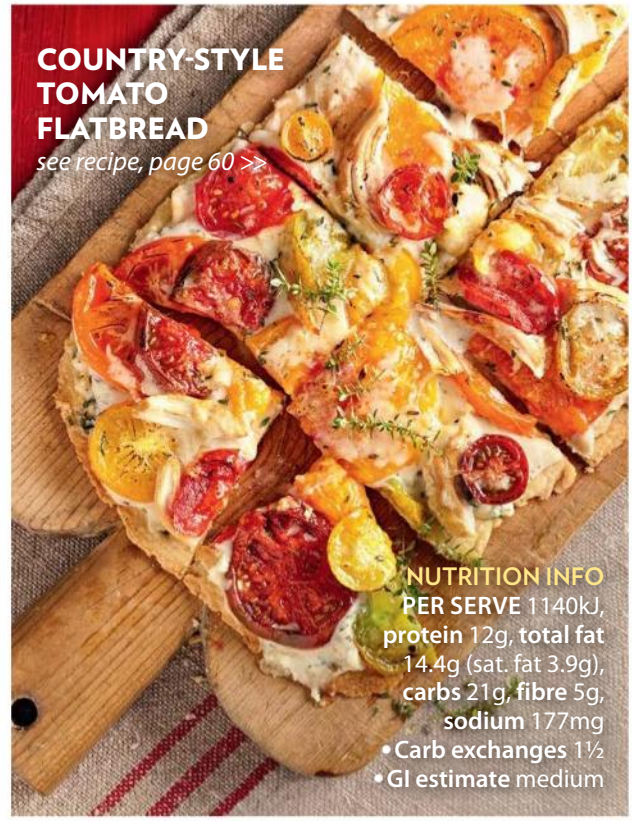
Put 1 **green apple**, quartered, core removed and chopped, 1 peeled and chopped **kiwifruit**, 1 chopped **Lebanese cucumber**, 1 cup **ice cubes**, 125ml (½ cup) **coconut water** and a small handful of **mint leaves** in a blender. Cover and blend until smooth. Pour evenly between 2 glasses.

PER SERVE 310kJ, **protein** 1g, **total fat** 0.3g (sat. fat 0g), **carbs** 14g, **fibre** 4g, **sodium** 22mg • **Carb exchange** 1
• **GI estimate** low • **Gluten free** ■

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet



COUNTRY-STYLE TOMATO FLATBREAD
see recipe, page 60 >>

NUTRITION INFO
PER SERVE 1140kJ, **protein** 12g, **total fat** 14.4g (sat. fat 3.9g), **carbs** 21g, **fibre** 5g, **sodium** 177mg
• **Carb exchanges** 1½
• **GI estimate** medium

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy! ***Shannon Lavery, Dietitian (above left), Alison Roberts, Food Editor (right)***

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use product names so it's easy for you to find nutritionally suitable brands when shopping.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting your carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BRETT STEVENS **STYLING** MARIE-HELENE CLAUZON **FOOD PREPARATION** THERESSA KLEIN

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

You are never too old to set another goal or dream a new dream

– C.S. Lewis

PHOTOGRAPHY GETTY IMAGES

GIVE YOUR TIME

GAIN YOUR HEALTH

Experts say volunteering – and the connection to the world it inspires – leads to less depression, fewer hospital stays and more preventive health care

"Volunteering with the Mounted Patrol turned out to be one of the biggest life-changing things I've ever done."

That's 50-year-old Diane Glazman. In less than a year she's lost eight kilograms, and her cholesterol, triglyceride and fasting blood glucose levels have all plummeted.

"It's like my whole being has just shifted," she says. "I've got more energy. I'm more excited. I'm more engaged."

Once a week, Diane spends an hour or two at the stables of the Tennessee Valley Mounted Patrol, near her home in northern California, mucking stalls and paddocks, feeding the horses and performing barn maintenance. Then she and her shift partner mount up and hit the trails, navigating steep, rocky terrain to provide assistance to park visitors.

"I forget that I'm a volunteer, because it gives so much to me," says Diane. "But it is volunteer work. I'm part of the National Park Service. It's a connection to the bigger picture. That's not just about me." ➤

I've got more energy. I'm more excited. I'm more engaged.

A sense of purpose

That connection Glazman describes may be the key to an array of health benefits associated with volunteering. In recent years, numerous studies have found that in helping others, we also help ourselves.

"The idea is that you're freely giving your time, and what you do matters and makes a difference," says Emily Greenfield, associate professor at Rutgers School of Social Work, New Jersey.

"The research on volunteering started anecdotally," Greenfield says. "People were reporting these feel-good experiences." Eventually large-scale surveys started to collect data about volunteer activity.

Now researchers analyse that data and create experiments, in which some participants volunteer while others are put on waiting lists, to compare their health markers.

"Volunteers experience, on average, better levels of psychological wellbeing, better mental health and better physical health," Greenfield says.

Research suggests that volunteering can help everybody, even teenagers. But people whose role in life is changing – the recently widowed or unemployed, for example – reap greater results.

"Especially for the relatively isolated or the sedentary, volunteering can have profound benefits," Greenfield says.

Good for mind and body

Glazman wasn't isolated before she began to volunteer, but she was sedentary. After riding horses most of her life, she'd stopped during her university studies. Her job as a writer and editor was mostly desk work.

"Riding is an exercise that I'll do other exercise to get in shape for," she says. "It got me walking on the treadmill, doing abdominals. Mucking stalls is all upper body – I've got arms like I've never had before."

But volunteer work needn't be physically demanding to improve health. "Just walking from a car to volunteer in a classroom is taking extra steps," Greenfield says. The simple act of volunteering begins a healthy chain reaction.

One new study, published in the journal *Social Science & Medicine*, found that volunteer work can produce even more dramatic medical benefits for people.

Researchers crunched data from more than 7000 participants in the Health and Retirement Study of Americans over age 50. Compared with people who didn't volunteer, those who did spent 38 per cent fewer nights in the hospital and used more preventive care – they received 30 per cent more flu shots and had 47 per cent more cholesterol screenings.

"We thought that people who volunteer might have different personality styles, and that might be why they seek out more health care," says Eric S. Kim, a research fellow at the Harvard School of Public Health in Boston, Massachusetts, and lead study author. But even when volunteering was the only distinguishing factor, those who did showed clear health benefits.

Researchers aren't sure yet exactly why volunteering improves our lives so much, but both Greenfield and Kim believe it has to do with an improved sense of self.

"It doesn't seem to matter what type of volunteer work you do," Kim says, "as long as it makes you feel good".

Glazman's experience supports that. "Volunteering reconnected me with a part of myself I didn't know I was missing," she says.

Help others, help yourself

BE PERSONAL
"People who identify with their volunteer role report more benefits," Greenfield explains. "Think about issues that get you excited."

BUDDY UP
Greenfield and Kim both note the connection between strong social ties and wellbeing. Volunteering with friends or family could increase the benefits for everyone.

INFORMAL COUNTS
"Some people don't think they volunteer, but they take care of their grandparents," Kim says. "That probably has the same type of benefits," although researchers can't say for sure.

DON'T OVERDO IT
"If you're doing so many hours that it feels like a job, it calls the health benefits into question," Greenfield says.

HOW TO VOLUNTEER

Almost six million Australians make a difference every year, volunteering for a number of local and international organisations and causes. To begin volunteering, you need to decide whether you choose a role based on skills you want to improve or gain, or select an organisation or cause that is close to your heart and want to help. Once you've found an opportunity that best suits you (remember to also look at your availability for one-off, short- or long-term opportunities), you simply need to express your interest, and from there, get involved! Whatever you choose, volunteering is a great way to meet new people and try something new, and can help you identify your true passion. Not sure where to start? Visit volunteer.com.au or govolunteer.com.au. ■

WORDS DEBBIE KOENIG, ELLIE GRIFFITHS
PHOTOGRAPHY CRAIG LEE, GETTY IMAGES

15 TIPS TO tune up

Need a weight loss jump-start? Try tinkering with your everyday routine to drop a few kilos and gain energy

1 Walk it off

Thirty minutes of walking burns about 630 kilojoules – and you don't have to do it all at once. Briskly stroll to a nearby park to eat your lunch. Or, instead of watching your kids' or grandkids' sporting events from the sidelines, keep an eye on the action while walking around the field. Make sure you check your feet before and after walking, and always wear sneakers to protect from injury.

2 *Fill up on fruit and veg*

Reduce kilojoules (and carbs) by sprinkling blueberries instead of croutons onto green salads and mixing in lots of capsicum, celery and cucumbers. Non-starchy vegetables such as broccoli, greens and tomatoes contain less carbohydrates than other vegies but still pack a nutritional punch.

3 Enlist help

Make an appointment with a dietitian or nutritionist to work up a meal plan that can help you lose weight. And, if you haven't exercised before, ask your health care provider to time your medication and meal schedules to suit your workouts.

4 Review your medications

Look at your blood glucose-lowering medications with your provider. Some newer medicines, such as Liraglutide and Byetta, may aid in weight loss.

5 *Turn off the TV*

A recent review of more than 50 studies confirms that too much screen time is linked to consuming fattening fast foods, energy-dense snacks and high-calorie drinks.

6 Get your zzzzzzs

Skimping on sleep can cause weight gain, add stress and compromise your immune system. When University of Chicago researchers restricted 10 dieters' sleep to less than six hours a night, the dieters lost only half the amount of fat (and more muscle) than when they got more than eight hours. Sufficient shut-eye is also key for blood glucose control.

7 Get fit during the commercials

When watching TV, get up and do one minute of jumping jacks or a minute of knee raises when the commercials come on. Researchers at the University of Tennessee, Knoxville, found that stepping in place during commercials burns an average of 620 kilojoules in about 25 minutes. ➤

TIP
Take extra carbohydrates before and during exercise to prevent hypoglycaemia. Discuss with your doctor or dietitian first.

8 Play with your kids or grandkids

Adopt an active attitude when it comes to spending time with younger people in your life. Take a bike ride, walk to the shops, or just get on the floor to play with them. You'll feel better and smile more.

9 Sneak in your exercise

Always keep a pair of walking shoes and socks in the boot of your car or stashed under your desk at work. When you find yourself with at least 20 minutes of free time, lace up and head out for a quick walk.

10 Tidy up

Washing windows, scrubbing floors and raking the lawn all burn calories. The reaching, twisting and stretching also help. "You can burn calories by washing, drying and ironing clothes instead of taking them to the dry cleaners," explains Barry A. Franklin, director of the cardiac rehabilitation and exercise laboratories at William Beaumont Hospital in Royal Oak, Michigan.

DID YOU KNOW?
Dog walking provides exercise and socialising for both you and your pooch. Doggone!

11 Stand, don't sit

A 2012 study found that adults who sit for 11 hours or more on a daily basis have a 40 per cent greater risk of dying in the next three years than people who spend less than four hours a day in their chairs.

12 LIFT LIGHT WEIGHTS

Strength training several days a week tones muscles (which use lots of glucose) and can help you better control your diabetes. Start with light weights – 2kg or less – and get instruction from exercise videos, an app, or a class at your gym. Remember to test your blood glucose before and after exercise. Also, drink water during the workout to avoid dehydration.

13 TRICK YOUR TASTEBUDS

If you usually have a bowl of ice-cream, swap it for a sweet fruit (or at least eat half as much ice-cream, topped with sliced banana). Or have light microwave popcorn instead of chips. Exchange high-kilojoule trail mix for a homemade version – toss baked wheat or oat cereal with a handful of nuts and raisins.

14 *Exercise with a friend*

Several studies have found that people who exercise with another person stick to it longer than people who exercise alone. Working out with someone is more fun – and a little friendly competition could even boost your intensity!

15 Climb the stairs more often

Coaches have long had athletes run up stairs to get them in shape, and you can do the same. If your house has more than one level, use the bathroom on the floor above or below to get more stair-climbing into your day. Doing laundry? Take piles of folded clothes up to bedrooms in several trips. ■

CONTROL ON THE GO

Take these practical self-care tips with you on holidays

Summertime travel is a fun break in daily routine, but it can also hijack healthy habits. These tips will help you maintain momentum toward your weight and diabetes management goals.

1 Stay close to the action. If you're staying at a hotel, choose one that has exercise facilities. Check out the gym area as soon as you arrive so you can establish a get-moving mindset. If your hotel lacks a workout area, inquire about safe walking routes or local gyms that sell day passes. If you're visiting friends or relatives, invite them to join you for some quality time exercising together.

2 Pack like you mean it. Tuck in your exercise gear – no excuses! Add resistance bands, which you can use almost anywhere (and see our Activity Tracker Review on page 113). Resistance exercise builds muscle, which helps regulate blood glucose levels, especially after meals.

3 Start each day right. Starting your day with some physical activity will help you wake up and won't interfere with your plans. To help you get moving, sleep in your exercise clothes and leave out your shoes and socks.

4 Bring healthy food. Treat each travel day as if there will be no place to buy food. Pack a cool bag with a sandwich made with high-fibre bread, nut butter and fruit spread; fresh fruit; cheese; bags of ready-to-eat carrot sticks; and water bottles filled with water or antioxidant-rich black or green tea. You'll save money for souvenirs by avoiding fast food and takeaway! ■

NUTRITION SPECIAL

WHAT YOU EAT MATTERS

It can be tough knowing what to eat when you're committed to positive change. What's a good fat? Do I need more whole grains or less? How much meat should I be eating? Maybe I should go vegetarian. We're here to help. Turn the page to find the answers to your questions and a wealth of information about eating for good health.

ALL ABOUT fats

The total amount of fat, along with the types of fat you eat, can play a big role in the healthiness of your lipid levels and heart. Excess total fat intake (no matter what kind of fat it is) can possibly contribute to weight gain, which can make diabetes more difficult to manage. And when it comes to heart health and blood glucose management, the types of fats you eat are far more important than the quantity.

Fats are an important part of a balanced diet and do not need to be avoided. Fats help maintain healthy skin, are part of some hormones, and help the body absorb fat-soluble vitamins A, D, E and K.

Fatty acids fall into categories based on whether they're unsaturated (healthier) or saturated (less healthy). The fats you eat have an impact on your blood lipids, such as your LDL (bad), HDL (good) and cholesterol. These are important to know.

HEALTHIER FATS

MONOUNSATURATED FATS

The best sources of monounsaturated fats are nuts, especially macadamia nuts, almonds, pecans, cashews, pistachios and hazelnuts. Canola, olive and peanut oils, as well as olives and avocados, are also good sources.

Research increasingly shows that a diet rich in monounsaturated fats has positive effects for heart health and blood glucose management in people with type 2 diabetes. All unsaturated fats (both monounsaturated and polyunsaturated) lower total cholesterol and LDL cholesterol. Monounsaturated fats also raise HDL cholesterol, which is desired.

POLYUNSATURATED FATS

There are two main types of polyunsaturated fats – omega-3 and omega-6. Both are good for your heart and blood lipids. Liquid vegetable oils, such as sunflower, corn and soybean oils, contain mainly omega-6 polyunsaturated fats.

Omega-3 fats are found in oily fish (salmon and tuna), canola and soybean oils and spreads, linseed (flaxseed) oil, chia seeds, walnut oil and walnuts. Omega-3 supplements can also be helpful for people who don't often eat oily fish.

Unsaturated fats are at their most beneficial when they replace any saturated and trans fats in the diet instead of just adding to them.

LESS-HEALTHY FATS

SATURATED FATS

These fats raise total cholesterol and LDL and also contribute to insulin resistance. Saturated fat is mainly found in foods sourced from animals, such as cheese, butter and red meat. Tropical oils, such as coconut and palm, contain high levels of saturated fat and should be limited. Eat no more than 10 per cent of your daily energy from saturated fat.

Choosing healthier unsaturated fats in the place of unhealthy saturated fats will help lower total and LDL cholesterol levels.

TRANS FATS

Many of the trans fats we eat are from processed foods containing partially hydrogenated oils. A small amount of the trans fats we eat is from foods of animal origin, such as meats and dairy foods. For this reason, eating less saturated fat will help you eat less trans fat.

Trans fats are unhealthy for your heart and blood vessels because they raise total and LDL cholesterol, and reduce healthy HDL cholesterol. Nutrition experts agree you should cut out as much trans fats as possible. ➤

SHOULD YOU BE USING COCONUT OIL?

Just like all oils, coconut oil contains a mix of fatty acids – some healthier, such as lauric acid, and others less so, such as palmitic acid, which promotes the formation of fatty plaque build-up in arteries. Recently, coconut oil has been crowned with a halo of health by some, but it's still on the fats-to-avoid list for many experts because it increases LDL. A heart-smart move is to use extra virgin olive oil in place of many of the fats and oils you use. It's minimally processed and contains a good supply of antioxidants.

SODIUM, HEART DISEASE & diabetes

It's no secret: Australians are consuming too much sodium. Cutting back on sodium can lower blood pressure and decrease your risk of heart disease

There is a strong connection between sodium, heart disease and diabetes. According to Diabetes Australia, hypertension (high blood pressure) is common in people living with diabetes and can more than double their risk of heart disease.

The National Health and Medical Research Council (NHMRC) advises that Australian adults should consume no more than 2300mg of sodium per day, or the equivalent of approximately one teaspoon (6g) of salt a day. For chronic disease prevention, and for people with hypertension, the current advice is to restrict your intake to no more than 1600mg per day (4g of salt).

Before you stash your salt shaker, however, you should know that salt added at the dinner table is not entirely to blame. Almost 75 per cent of the sodium you eat comes from restaurant meals and processed foods, such as packaged snacks, pizzas, deli meats, canned soups, cheeses, breads, breakfast cereals and condiments. Since it's hard to control the sodium in these foods, it's best to limit them in your diet and to buy low-sodium versions whenever possible.

Unfortunately, some manufacturers add flavour to lower-carb or lower-fat foods by adding sodium. The best way to know how much sodium is in a food is to check the nutrition information panel.

Keep in mind that eating enough high-potassium foods (low-fat dairy, fruits and vegetables) can also help blunt high blood pressure.

SODIUM SURPRISES

Sodium is high in most frozen meals, canned soups and processed meats. But also watch out for sodium in these items:

1 SALAD DRESSING
Opt for vinegar, olive oil, pepper and herb-based homemade dressings.

2 BREAKFAST CEREAL
Many cereals contain more than 240mg sodium per serving, yet they don't taste salty.

3 INSTANT FOODS
Quick-fix foods such as porridge sachets and instant pastas/noodles are often higher in sodium than their regular counterparts. Opt for the regular version when there's a significant sodium saving.

4 SPAGHETTI SAUCE
Seek out no-added-salt versions or try making your own at home.

5 MEDICATIONS
Many drugs have a sodium base to help them dissolve in your digestive tract. Read labels (especially for antacids and pain relievers) and ask your pharmacist about your prescription drugs.

SODIUM ON THE MENU

The majority of sodium that people eat comes from restaurant, takeaway and processed foods. To avoid the salt landmines when dining out, follow these tips:

CONTROL CONDIMENTS
Assume salad dressings, sauces and other toppers are high in sodium. Request condiments on the side so you can limit the amount you eat.

KEEP PROTEINS SIMPLE
Order meats that are plain and simply prepared, such as barbecued or grilled chicken.

EAT A HALF PORTION
Automatically cut your sodium (and kilojoule) intake in two by putting half of your meal in a takeaway container as soon as the waiter delivers it to your table.

WATCH MENU CLUES
Terms including cured, marinated, seasoned and smoked are signs of higher sodium. ➤

KEEP IN MIND...

Products labelled as "low sodium" contain 120mg sodium or less per 100g. The wording "no salt added" means salt wasn't added during processing, yet the food may still contain some and won't necessarily be low in sodium. "Reduced sodium" claims indicate that the food product contains at least 25 per cent less sodium than the original product, but again this does not mean that the food is low in sodium or a healthy choice.

SHOULD YOU GO vegetarian?

More and more research indicates that a plant-based eating plan may be a good choice for people with pre-diabetes and type 2 diabetes because it may help them to lose weight, lower blood glucose and blood pressure and prevent heart disease.

In a 74-week study published by Neal Barnard, president of the Physicians Committee for Responsible Medicine, people with type 2 diabetes followed either a low-fat vegan diet or a moderate-carbohydrate plan. Both groups lost weight and improved their cholesterol. When people who didn't complete the study, or had medication changes, were omitted from the analysis, there was a significantly greater decrease in HbA1C and LDL (bad) cholesterol in those who had eaten a low-fat vegan diet.

MEATLESS OR JUST LESS MEAT

Even if you're not interested in eliminating meat completely – or if you want to ease into the habit – here are some practical pointers to help you get the benefits of vegetarian eating.

1. Think of animal protein as a side dish or garnish. Prepare meals that stretch small amounts of animal protein, such as a tomato, legume and meat sauce, prawn and vegetable stir-fry, or curries made with tofu or beans.

2. Start participating in Meatless Monday. Every week, try a new meatless meal, such as vegetable lasagne, bean tacos or burritos, pizza topped with sautéed vegies, tofu stir-fry or a bean-based curry. Build up to serving a couple of meatless meals a week.

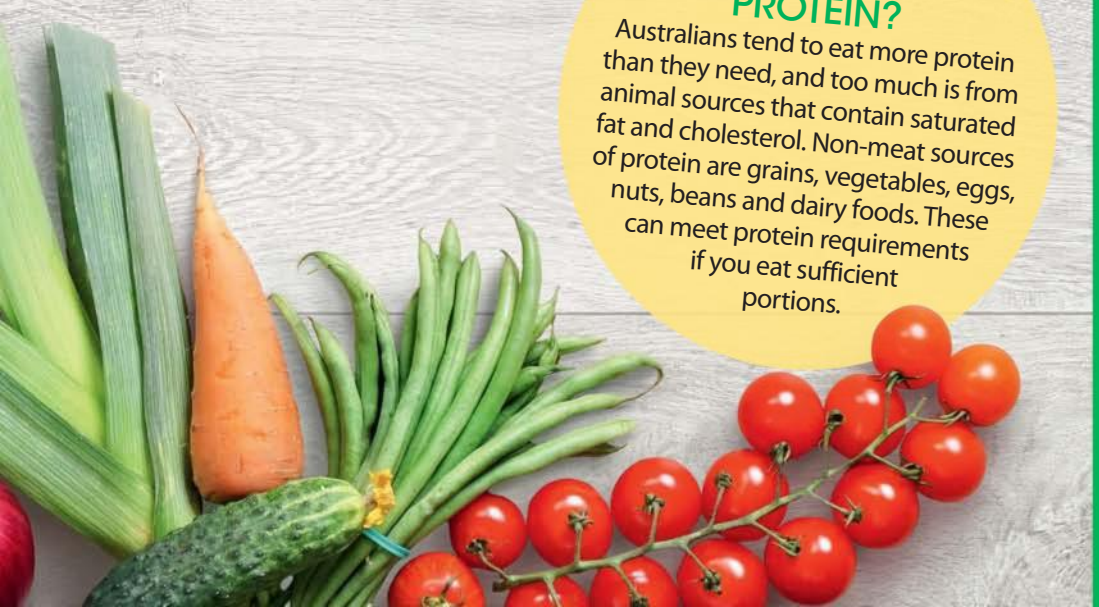
3. Stock a variety of dried legumes. Prepare them in batches and freeze the leftovers so you can thaw small amounts as you need them. Keep edamame in the freezer and canned lentils/chickpeas/beans in the cupboard. A side of beans or grains on your plate can take up the room previously occupied by meat.

4. To hold the line on your carbohydrate counts, choose lower-carb protein foods such as low-fat cheese, eggs or egg whites, and nuts and nut butters that don't contain added sugars.

5. Go meatless at breakfast. Mix and match fruit, yoghurt, cottage cheese, hot or cold high-fibre cereal, wholegrain toast or a vegie omelette or scrambled eggs.

WILL I GET ENOUGH PROTEIN?

Australians tend to eat more protein than they need, and too much is from animal sources that contain saturated fat and cholesterol. Non-meat sources of protein are grains, vegetables, eggs, nuts, beans and dairy foods. These can meet protein requirements if you eat sufficient portions.



VEGETARIAN Q&A

Does having a vegetarian diet guarantee you'll eat healthier?
Considering the variety of vegetarian eating plans, you're likely to eat healthier just by virtue of the foods that you'll mainly have. However, if you eat lots of cheese, full-fat dairy foods, added fats, processed foods and sweets, you likely won't see your health improve.

If I become a vegetarian, should I have any nutritional concerns?
The more food groups you include and the greater variety of foods you eat, the easier it will be to meet your nutrition needs. Nutrients that may be hardest to get in sufficient supply are vitamins B12, omega-3 fats, iron and zinc.

How do I stop missing meat?
One reason you may miss meat is habit. If your meal planning has a "Where's the beef?" focus, start with planning the non-meat things you'll prepare. A reason people enjoy cooked meat is umami, considered the fifth taste, but meat is not the only source of umami flavours. You can taste it in roasted vegetables, mushrooms, nuts, avocado, soy sauce and cheese. ➤

85g cooked chicken breast
26g protein

BECOME A protein pro

It may seem that everywhere you look, Australians are crazy for protein. Is this trend being fed by one of the many low-carbohydrate diets, such as paleo, or by new research that suggests eating a bit more protein may increase satiety and assist with weight control? The jury is still out.

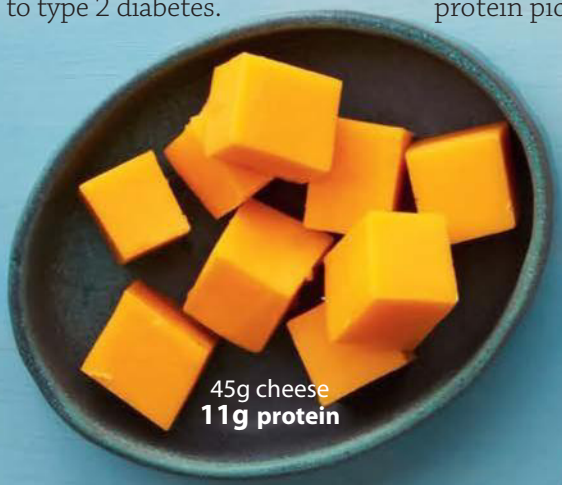
Yet food manufacturers have jumped on this protein craze and brought protein-padded products to market. But do you really need more protein, especially in your cereal, bars and drinks? Hardly! According to the latest Australian Health Survey, we eat more than enough protein, with too much of that protein being animal-based. That's not a wise plan when it comes to type 2 diabetes.

Some major studies have shown an association between eating less red meat and reducing the odds of developing type 2 diabetes.

To become a protein pro and learn about healthier protein choices, it's good to understand that protein and fat are generally paired together in protein foods (such as red meat, poultry, cheese, seafood, nuts and eggs). There are some exceptions: protein is also in some fat-free foods, such as beans and non-fat dairy.

Choose a variety of protein foods from all sources. Follow our tips (opposite) for your best protein picks.

85g cooked salmon
21g protein



45g cheese
11g protein

2 Tbsp almonds
4g protein

85g cooked prawns **20g protein**

1 cup milk **9g protein**

¾ cup cottage cheese **21g protein**

How much do you need?

The Australian Dietary Guidelines say the amount of protein you need is based on age and gender. Most adults need 2-3 serves per day, while children and teens need 1-2½ serves. A serve of protein is equal to 65g cooked meat, 80g cooked chicken, 100g cooked fish, 2 eggs, 1 cup legumes, 170g tofu or 30g nuts.

188cm, 98kg **86g pro./day**

170cm, 82kg **72g pro./day**

173cm, 86kg **76g pro./day**

163cm, 68kg **60g pro./day**

PICKING PROTEINS

1. Eat protein in small servings. As a rule of thumb, don't let protein foods fill more than a quarter of your plate.

2. Choose lean and low-fat protein most often, especially sources also low in saturated fat and cholesterol (beans, nuts, low-fat dairy, tofu, fish and skinless poultry).

3. Cook protein in ways that don't add a lot of fat, such as grilling, roasting, and sautéing.

4. When planning meals, get away from thinking about protein-centric dishes. Use meat as a side dish or stretch the protein in a main course. ➤

85g cooked beef steak **21g protein**

85g cooked pork tenderloin **22g protein**

WHAT'S THE DEAL WITH fibre?

Read on to learn why you need to eat fibre and how it benefits you the most

Fitting in plenty of fibre each and every day results in both short- and long-term health benefits, similar to those from eating whole grains – reducing the risk factor for heart disease and high blood pressure, excess weight and type 2 diabetes.

One reason it's been a challenge for researchers to identify the distinct health benefits of whole grains and fibre is because many foods with whole grains contain fibre. But still, the evidence is clear enough to encourage you to eat more whole grains *and* more dietary fibre.

One immediate benefit of upping your fibre intake is its role in digestive health by minimising constipation.

Fibre's role in moving food through your gastrointestinal tract is one reason eating more fibre has the potential to decrease your risk of heart disease and colon cancer.

High-fibre diets also have the potential for reducing blood cholesterol levels and slowing down the digestion of foods and release of glucose into the blood.

Aim to eat a range of high-fibre foods and whole grains each day to reap these benefits.

FIBRE DEFINED

Dietary fibre is the non-digested portion of plant-based foods. You'll find fibre in legumes (such as lentils, chickpeas and beans), fruits, vegetables and most wholegrain products (such as brown rice, rolled oats, quinoa, grain bread and wholemeal pasta).

You hear the term dietary fibre used as if it's a singular nutrient. But foods contain hundreds of different types of fibre. Various fibres perform different functions in the body that go well beyond the gastrointestinal tract. You need to eat all types of fibre to stay healthy and get the benefits.

1. **DIGESTION AND REGULARITY**
   Get this benefit from the fibre in fruits, vegetables and whole grains.

2. **IMPROVED CHOLESTEROL**
   Get this benefit from the fibre in oats.

3. **WEIGHT CONTROL AND FEELING FULL**
   Get this benefit from the resistant starches in beans, peas and unripe bananas.

EASY WAYS TO GET MORE **FIBRE**

- **Learn the label lingo.** The "good source of fibre" nutrition claim can be used if a serving contains at least 4g of dietary fibre. A food can claim it's an "excellent source of fibre" if a serving has at least 7g of dietary fibre. Remember to consider your serving size as this may differ to the recommended serving size listed on pack.

- **Add small amounts.** Sprinkle ground flax, chia seeds, wheatgerm, psyllium husks, sesame seeds or chopped nuts over hot or dry cereal, yoghurt and fruit to up your intake of fibre. But keep an eye on the kilojoule counts in these foods. They add up quickly, and you only need 1-2 Tbsp to get more fibre.

- **Enjoy more nutrient-packed legumes.** Use dried, frozen and canned legumes (beans and peas). Eat them in soups, omelettes and casseroles, or as a side dish. Toss them into salads, mix corn and black beans for a side dish and blend chickpeas or white beans with garlic and lemon juice for a quick bean dip to eat with vegies or wholemeal crackers.

- **Eat more berries.** Snack on a handful of berries, add them to dry or cooked cereal and mix them into yoghurt or cottage cheese. ➤

WHY YOU NEED whole grains

Australians eat, on average, half the recommended servings of grains a day. Here's why you need them

You've likely heard you should eat more whole grains. But do you know why? Choosing whole grains over refined grains offers you more nutrition bang for your kilojoules and carbohydrate grams. "While the nutrition attributes of whole grains vary, they generally provide essential vitamins and minerals like magnesium, manganese, phosphorus, B vitamins, plus other phytochemicals," says Hillary Wright, author of *The Pre-diabetes Diet Plan* (2013, Ten Speed Press). Plus, whole grains are a plant source of protein, and many contain fibre.

Additionally, research shows that eating a sufficient amount of whole grains can protect against cardiovascular disease and help control your weight.

What's exciting for people with insulin resistance and pre-diabetes is new research that indicates eating enough whole grains can reduce the incidence of insulin resistance and the progression to type 2 diabetes.

A recent study compared a wholegrain diet and a refined-grain diet (with equal kilojoules) for eight weeks in a small number of adults with pre-diabetes. The study, conducted by John Kirwan, director of the Metabolic Translational Research Center at the Cleveland Clinic's Lerner Research Institute, showed that those who ate the wholegrain diet had lower blood glucose due to improved insulin sensitivity and insulin production in the pancreas. "This study shows these benefits are most likely due to a component of whole grains, perhaps polyphenol or a change in the gut environment," Kirwan says.

GO WITH THE GRAIN: FINDING FOODS

1 The Australian Dietary Guidelines recommend you eat 4-6 serves of grain foods each day, with at least two thirds of this being from wholegrain or high-fibre varieties. The Grains & Legumes Nutrition Council recommends you eat 48g of whole grains a day. A serving of whole grains contains at least 8g of whole grains. Is more better? Yes, but only if you have the kilojoules to spare.

2 Look for products carrying the Grains & Legumes Nutrition Council Daily Target Intake Statement, for example "One 45g serve of cereal contributes 35 per cent towards the Grains & Legumes Nutrition Council 48g whole grain Daily Target Intake".

3 Check the ingredients list. The ingredients are listed in descending weights, so aim to choose products that contain ingredients specifying "whole grain" or "wholemeal" in the top two ingredients.

NUTRITION SHANNON LAVERY (DIETITIAN)
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

EASY WAYS TO EAT MORE WHOLE GRAINS

- **Make swaps in the foods you already eat.** At home and at restaurants, choose brown rice, wholegrain bread and crackers and wholemeal pasta whenever available.

- **Select wholegrain (and high-fibre) cereals.** For hot cereal, opt for traditional porridge, oat bran and quinoa. For dry cereal, look for a wholegrain cereal that also contains at least 4g of fibre per serving.

- **Purchase wholegrain breads, rolls, buns, tortillas, pita pockets and pizza crusts.** If there's no claim on the package, check the ingredients. It should list at least one of the following: wholegrain [name of grain], whole [wheat or other grain], or stone-ground whole [grain].

- **Work whole grains into your recipes.** Add ½ cup cooked whole grains to your favourite canned or homemade soup, side salad or casserole. Add uncooked oats to meatballs, meat loaf or burgers. And use wholemeal flours when baking breads and muffins. ■

Grocery shopping GAME PLAN

The average Australian household spends about $700 on groceries each month – that's more than $8000 of yearly income going straight to the supermarket. But you can trim that price tag, especially when you fill the trolley with tasty, nutritious food. We'll show you how!

At home

- **Take inventory.** What foods do you already have? Keep a tally sheet inventory inside your pantry and organise it so soon-to-expire items are front and centre for immediate use.
- **Call your store manager.** Find out what money-saving options are open to you. Ask things like "Do you have loyalty cards? How can I apply my points earned to my next shop?"
- **Study up on the store's catalogue.** Plan the week's meals around what's on sale to help increase your shopping savings.
- **Make a grocery list.** Stores have a plan for you once you step through the door. If you don't have your own, you'll fall into theirs. Whether your list is digital or on paper, include everything you need for the week to avoid extra trips (nearly 60 per cent of supermarket purchases are unplanned). The less often you shop, the less you spend.
- **Leave everyone at home.** Parents who shop with little ones spend 26 per cent more than those who don't. And a Marketing Science Institute (USA) study found when you shop with two or more people, unplanned purchases shoot up to 65 per cent – an 8 per cent increase over going solo.

GATHER DISCOUNTS

Only for healthy food your family needs from discount sites, store websites and emails, or discount apps. For discount sites, try:
- **groupon.com.au**
- **groceryrun.com.au**
- **mumgo.com.au or Google 'Supermarket Discount Vouchers' for more.**

EAT A SNACK

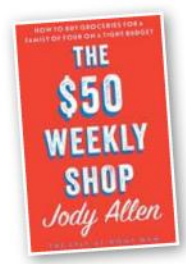
You're more likely to splurge on chocolate at the checkout when you're hungry.

"I love living frugally – it gives me a real sense of security knowing that I have enough money to pay my bills. But it's important to understand that for me, being frugal doesn't mean being cheap. Being cheap means going without to make your bank balance bigger at the expense of having a good time. To me there's no fun in that! I like a good red wine, I love holidays, I love chocolate and getting my hair done. Being frugal allows me to afford treats like this without going into credit-card debt.
– Jody Allen

10 *items that you should always buy generic*

Sometimes it's hard to choose between the generic and the name brand, even for staple items... The only way to find the one you like is to try them all.

1. *Olive oil*
2. *Flour*
3. *Sugar*
4. *Butter*
5. *Milk*
6. *Cheese*
7. *Tinned tomatoes and beans*
8. *Frozen vegetables*
9. *Cereal and grain products (oats, puffed rice, etc.)*
10. *Fresh fruit and vegetables*



From *The $50 Weekly Shop* by Jody Allen. Published by Penguin, RRP $24.99. On sale now. ➤

STUDY THE DEALS

Ten for $10, two for $5 – many times the single-item price is the same, whether you buy one or 10. Ask an employee to clarify.

In the aisles

- **Search high and low.** Companies pay to have products placed at eye level on the shelves. Generic brands are typically stored lower.
- **Beware of the endcaps.** End-of-aisle specials aren't necessarily the cheapest or most nutritious. Instead, they're marketing tools that make you think so.

At the store

- **Talk to the shop manager.** Ask them about when certain products typically go on sale.
- **Put in your earphones.** People spend up to 29 per cent more than they planned when the store's music rhythm is lower than their heart rate. Play upbeat music from your phone instead.
- **Start in the aisles with bland boxes and cans.** Bright colours in the produce aisle put you in a good mood and make you more relaxed, inspiring you to buy more. Save that section for later.

BEST NUTRITION FOR YOUR BUCK

SERVING SIZE
Food label info is based on one serving size. Many packages contain more than one serving, so multiply or divide kilojoules according to the amount you eat.

CARBOHYDRATES
Includes both good carbs and empty carbs (sugar). Look for foods with 3g fibre or more, which helps keep you full longer.

SNEAKY SUGARS
If sugar is one of the first three ingredients, stay away. It can also be called high fructose corn syrup, molasses and syrup, so keep an eye out.

GRAB THE SMALLER TROLLEY OR BASKET

A recent study shows that by doubling the size of your trolley, you're likely to spend 40 per cent more.

- **Find healthy tags.** Look for the Health Star Rating on the front of the packet – based on the overall nutritional profile of the food, they are given a rating of up to 5 stars. The more stars the food has, the healthier the choice is. Also look for the wholemeal label on breads, pastas and cereals. Wholemeal products are not always pricier, but they have more nutritional value than their white counterparts.
- **Look for expiring items and ask for markdowns.** You can freeze just about anything – including milk, fruit and bread.
- **Buy items in their original form.** Do your own slicing and dicing. Pre-prepared foods like chopped vegies, shredded cheese and marinated chicken cost a lot more.
- **Shop around the store.** Often you can find the same item in a few different places. For example, some cheese varieties are sold in the dairy department, in the deli and in the specialty cheese section. But you'll find the lowest prices in the dairy section.
- **Decode the claims.** Be aware if claims made on the label are based on facts or emotion. Claims tied to numbers add nutritional value to the cost: "good source"; "excellent source" and "high in", for example. Emotional claims do not: "natural"; "locally grown".

Reduce your bill by a whopping

33%

by purchasing store-brand items.

WHAT'S THE BEST PRICE?

Figuring out the best deal can be tough when foods come in so many packaging sizes. This is where unit price comparison comes in.

Unit price is located on the shelf tag, but it's best to calculate it yourself. Why? Although supermarkets and online stores must comply by the Unit Pricing Code, smaller retailers can adopt their own, which may be inconsistent or omitted altogether. Here's how to do the maths:

1 2 3

Unit price = shelf price ÷ quantity

UNIT PRICE
Cost per litre, gram or other unit of measurement for the item.

SHELF PRICE
Retail price listed on the shelf for the full item. ➤

Time to pay

- **Order matters.** Place sale items on the belt first to make sure that they scan properly.
- **Pay attention.** Group similar items to make counting quantities easier for both you and the cashier, ensuring the correct discounts. Offer to help bag your items.
- **Scan your loyalty card.** Or sign up for one to get exclusive discounts and deals through the card and, if desired, to your email account as well.
- **Look over your receipt.** Check for any major mistakes before you leave the supermarket.

ASK QUESTIONS
Unsure about a deal? Want to know what else you can do to save? Ask your cashier.

Back at home

- **Store your stuff.** Perishables first. Update the tally sheet inventory inside your pantry.
- **Look at your receipt again.** Highlight items you buy often to track weekly prices. This will help you recognise when those prices hit rock bottom so you can stock up.
- **Remember: stores want loyal customers.** Don't like an item? Exchange it. See a dent in your can or notice your fresh produce is mouldy? Return, return, return.
- **Didn't find an item that you wanted?** Call your store manager and ask for it. Stores will stock a product if there's enough demand for it among their customers. ■

SAVE ON SPECIFICS

MEAT

- **Look for economical proteins.** Your priciest buy is probably meat. Try beans and eggs instead.
- **Skip the deli and buy a larger cut of meat.** Ask the butcher to slice it and save up to 50 per cent.
- **Buy frozen fish.** Most fresh fish at the seafood counter has been previously frozen (it will say so in small type). Save 40 per cent and buy from the frozen section.

PRODUCE

- **Weigh your options.** That 2kg bag of potatoes probably weighs more than the packaging says. Producers are required to fill bagged produce to at least the amount listed, so you'll likely get more for your money. Weigh it to check.
- **Mix it up.** Combine pricier leafy greens with head lettuce, such as cos, which is typically more affordable.
- **Buy in season.** Keep track of local seasonality. Fruits and vegetables are generally cheaper (and at peak flavour) in season.

PHOTOGRAPHY GETTY IMAGES

MINDFUL Rewards

Celebrate, relax, treat yourself – and achieve your weight loss and blood glucose goals

Rewarding ourselves often involves food – and typically not apples or carrots! To control weight and blood glucose, consider new habits that help you avoid mindless eating.

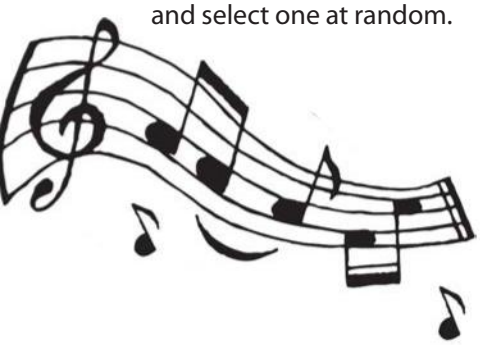
Eating for reasons other than hunger can be triggered by emotions (anxiety or boredom), situations (doughnuts at a meeting), thoughts (negative self-talk) and physiological needs (poor food choices). Choose a zero-kilojoule reward and break the chain of mindless eating.

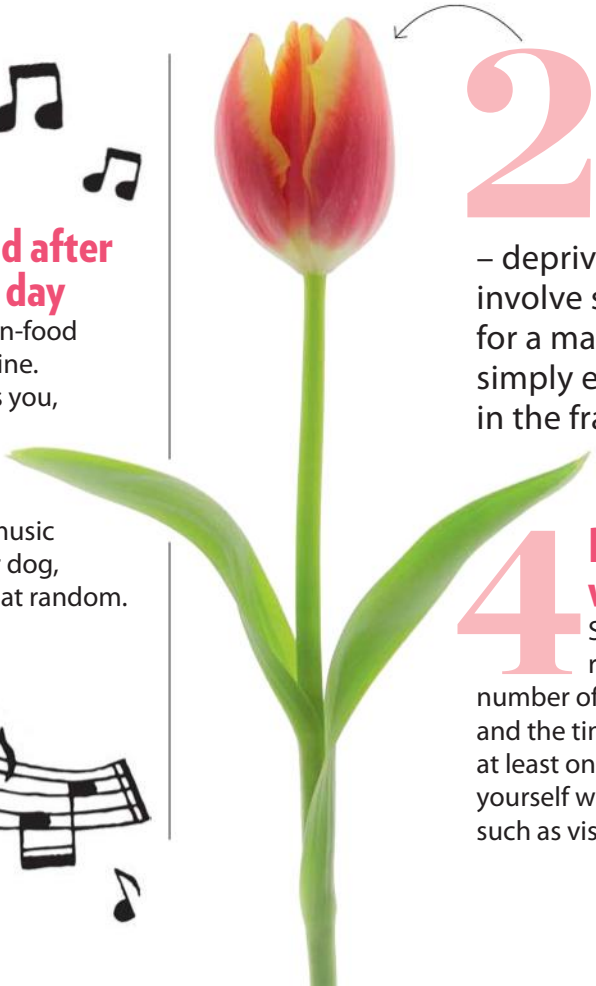
3 Find anxiety alternatives

Distract yourself from unneeded food. Call a friend and debrief about your worries. Exercise is a great stress buster. Take a walk!

1 Unwind after a busy day

Find a non-food relaxation routine. If routine bores you, make a list of non-eating soothers, such as turning on music or petting your dog, and select one at random.





2 Reward your accomplishments

Do make time to celebrate victories large or small – deprivation is no fun. This can involve spending money, such as for a massage or sporting event, or simply enjoying a sunset or breathing in the fragrance of a flower.

4 Plan your healthy weekend options

Stay on a regular eating routine, including the number of meals and healthy snacks, and the times at which you eat. Work in at least one daily physical activity. Reward yourself with your favourite social activities, such as visiting a museum. ■

PHOTOGRAPHY GETTY IMAGES

christmas GIFT GUIDE

LAST MINUTE

Take a look through these great options for a thoughtful, special present this year

Wondering what to give your loved ones with diabetes for Christmas, or looking to treat yourself during the festive season? Our gift guide has something for everyone.

MEDICAL ID

Range of options and accessories, from $4.50

Medical ID can be a lifesaver for anyone with complex health problems, and Emergency ID Australia has a wide range of options for men, women and children, to suit different tastes and budgets. Visit emergencyid.com.au for more.

CGM PATCHES

Range of designs and multipacks available, from $1 each

A great stocking filler for kids or adults using CGM, Rockadex make a wide range of patches (including different colours, shapes and styles) for Dexcom, Medtronic and Libre sensors to help keep them in place. Shop online at rockadex.myshopify.com.

RESISTANCE TRAINING EXERCISE PACK

$12

Available through Diabetes NSW & ACT, this pack includes an exercise training booklet developed by exercise physiologists, along with your choice of one of five therabands (varying in resistance). Visit shop.diabetesnsw.com.au

DIABETIC LIVING SUBSCRIPTION

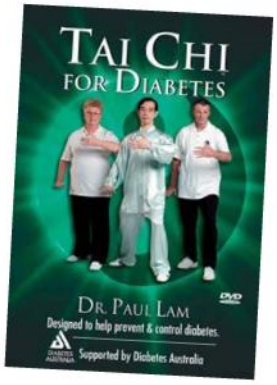
From $14.99

This Christmas, why not give the gift of inspiration and information with a print or digital subscription to *Diabetic Living* – and don't forget about yourself either! Head to subscribetoday.com.au or call 1300 668 118.

TEA LOVER DELIGHT

● Range of gift packs, from $15-$90

Perfect for the tea lover in your life, T2 has a range of tea gift packs, including black, green, fruit and herbal or assorted teas. Shop online at t2tea.com.



TAI CHI FOR DIABETES

● DVD, $29.95

Supported by Diabetes Australia, this is a great gentle exercise program designed specifically for those with, or at risk of, diabetes. Visit taichiproductions.com for more.

SPICY TREATS

● Gift packs from $25; individual herb/spice packets from $2.50

Whether you're looking for a few packets of herbs and spices as stocking fillers, or a beautifully gift-boxed spice kit, Herbies has everything spicy for the cook in your life. For more, head to herbies.com.au.

THE ULTIMATE DIABETES CARRY CASE

● Multi-fit case, $69.95

This case is perfect for those on insulin who want to keep all of their daily diabetes needs in one place. It has pockets and compartments for housing all of your diabetes supplies (from blood glucose monitoring equipment to insulin pens and pump supplies) as well as a place to keep money and credit cards. Visit diabete-ezy.com for more.

WATER BOTTLE

● Range of styles and sizes, from $15.95

Make sure water is the fluid of choice for you and your loved ones with reusable water bottles. Biome has something to suit everyone, from kid-friendly to sporty or stylish. Shop online at biome.com.au. ➤

EXERCISE CLASSES ON DEMAND

US$14.95 per month

Know someone who enjoys exercise classes but doesn't have the time or budget to get to the gym? The Daily Burn offers 20+ different programs and over 600 classes ranging from 15 minutes to an hour and including yoga, pilates, dance, cardio and resistance training. You can stream to your laptop, desktop, mobile device or digital TV. Visit lp.dailyburn.com for more.

DAILY BURN
A BETTER FIT

TREAT THOSE FEET

Hemp foot protector, $20, moisture socks, $13

The Body Shop's Hemp Hard-Working Foot Protector and organic cotton moisture socks make a great gift for those with dry and cracked feet. Visit thebodyshop.com.au for more details.

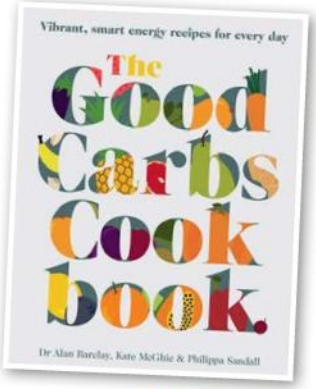
FOR GREEN THUMBS

Seed organiser with 10 seasonal seeds, $90

Gardening is great exercise and The Little Veggie Patch Co Seed Organiser with 10 Seasonal Seeds will be loved by experienced gardeners or those looking to start their own veggie and herb patch. Visit littleveggiepatchco.com.au for more.

DONATION TO THEIR FAVOURITE DIABETES CHARITY

For the person who has everything, why not make a donation to their favourite diabetes charity?



THE GOOD CARBS COOKBOOK

$39.99

Choosing the right carbs is particularly important for anyone with diabetes, and this cookbook explains exactly what those 'good carbs' are and how to use them. Visit booktopia.com.au for more.

COMFY SOCKS

Diabetic socks, from $11.95

A great stocking filler, we all need socks, and Socks for Living have a wide range of diabetes-friendly brands and styles. Visit socksforliving.com.au for more.

ACTIVITY TRACKER **REVIEW**

Summer is officially here and there's no better time to get motivated, get out and get active than now. These smart activity trackers are the perfect accompaniment to your activities, to help track your everyday movements, sleeping cycle and even your calls and texts. Find out which tracker is best for you...

$249.95

FITBIT ALTA HR

The low down: Tracks the same as Flex 2 (bottom left), as well as providing continuous PurePulse heart-rate tracking, auto-sleep tracking and sleep stages, and sends alerts (and previews) of calls, texts and calendar alerts. Alta HR is a slimmer wristband – with interchangeable bands – and has a battery that lasts up to seven days.

Usefulness: 7/10

$249.95

FITBIT CHARGE 2

The low down: Tracks the same as Flex 2 (below), plus provides watch and exercise modes (identifies workouts such as running, cycling and weights) and real-time stats (to your phone) to help you maximise your workout. Charge 2 also continuously and automatically tracks your heart rate (through PurePulse) and provides guided breathing sessions based on this.

Usefulness: 9/10

$329.95

FITBIT BLAZE

The low down: A smart, stylish and customisable fitness watch with breakthrough features including all the features of the Charge 2 (left), plus on-screen workouts with step-by-step instructions that coach you through each move, music control over your phone's playlist, and the ability to see detailed workout summaries on your wrist.

Usefulness: 8/10

$149.95

FITBIT FLEX 2

The low down: The first swim-proof device from Fitbit, the Flex 2 is water-resistant up to 100 metres. Tracking all-day activities (steps, distance, kilojoules burned, etc), it automatically tracks your sleeping patterns, has an alarm to peacefully wake you, notifies you of calls and texts, and reminds you to stay active all day long.

Usefulness: 7/10

$159

GARMIN VÍVOFIT 3

The low down: Captures data whenever you are running, swimming (it's water-resistant) or cycling through recognising changes in your movement, and monitors your sleeping patterns. When you have been inactive for one hour, vívofit reminds you to move, and can run up to a year without changing the battery.

Usefulness: 7/10 ■

WORDS KATE MARSH, ELLIE GRIFFITHS **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

ROAD TO recovery

The single best predictor of type 2 diabetes is obesity – which research links to childhood trauma. These women faced the past to find a healthier future

For Lucie Linder, the weight gain started early.

The 49-year-old from New York City says that as a girl, she would lock herself in the basement cupboard of her family's house with boxes of Little Debbie Oatmeal Creme Pies – up to 120 pies in one sitting, 1200kJ each.

"My pain seemed to disappear when I was gorging on food," Linder says.

The ritual started at age five, when she says someone close began forcing sex on her. She lived in terror, telling no one while the abuse continued for seven years.

"At eight years old, my weight shot to over 200 pounds [91kg]," she says.

When her paediatrician scolded her for being obese, Linder says, "I already knew I had a problem with overeating. And I knew why."

Linder has lost and gained over the years. "It's been an eternal struggle with my body," she says.

Those of us who have grappled with weight have heard it all before – from friends, family, doctors and especially from the unkind voices inside our own heads:

You have no self-control.

Can't you just exercise more?

Stop eating so much.

But what if losing weight isn't just a question of willpower? Medical research is pointing us in exactly that direction.

And considering the single best predictor of type 2 diabetes is obesity, according to The Obesity Society, undoing the knots of our mental health and personal history may be key in saving our physical health. ➤

An overwhelming connection

Research shows that the comfort of food and the protective layer of extra kilograms are often coping devices for childhood sexual abuse victims.

According to the Nurses' Health Study in the US – the largest, longest-running study on women's health – women who suffered severe physical and repeated sexual abuse as children and adolescents were 90 per cent more likely to develop a food addiction. In fact, survivors were twice as likely to have a current food addiction as those who didn't suffer past abuse.

While putting on extra weight spells future health problems, for many victims the benefits are immediate, says Vincent Felitti, clinical professor of medicine at the University of California, San Diego, and physician at Kaiser Permanente Medical Care Program, who has studied childhood trauma and obesity for more than 20 years.

"If you need to desexualise yourself, gaining 100 pounds [45kg] works fairly well," he says.

Plus, the near inevitability of struggling with food as an adult is closely related to other types of childhood trauma.

"Food is the most commonly used method to manage stress or emotional distress, and the most commonly used non-prescription way to treat anxiety and depression," says John Zrebiec, director of behavioural health at Joslin Diabetes Center in Boston.

LUCIE LINDER, 49
New York City

"My pain seemed to disappear when I was gorging on food"

Landmark research conducted by the joint efforts of the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente in the Adverse Childhood Experiences Study (ACE Study) shows an undisputed relationship between adverse childhood experiences (ACEs) and negative health and well-being as adults, including obesity and diabetes. These findings are supported by additional ACE data gathered by the CDC from 32 US states.

Experiences considered ACEs include things like childhood emotional, physical and sexual abuse, as well as childhood exposure to intimate partner violence, household substance abuse, household mental illness, parental separation or divorce, and incarceration of a household member.

ACEs cause a stress response in the body. Prolonged stress can disrupt a child's nervous, immune and metabolic systems. This can lead to a lifetime of physical and mental health issues that show up in adolescence and continue into adulthood, according to the CDC.

"Every day I see the evidence and correlations in my real-life practice. In a sense, the trauma begins to live in your body," Zrebiec says.

CDC-Kaiser research shows that children exposed to ACEs are more likely to develop health problems in adulthood, including heart disease, asthma, stroke and diabetes.

"Food works extraordinarily well in providing comfort, but of course later there may be the unwanted consequences of remorse, weight gain or higher blood glucose levels," Zrebiec says.

WHAT'S AN ACE?

Adverse Childhood Experiences (ACEs) are stressful or traumatic childhood events that increase the likelihood of certain health problems later in life. ACEs include:

- **Emotional, physical and sexual abuse**
- **Childhood exposure to intimate partner violence, household substance abuse, household mental illness, parental separation or divorce, and incarceration of a household member**
- **Emotional and physical neglect**

More trauma, more struggle

Jessica Mehta of Portland, Oregon, hit several of those ACE markers, and she follows the line of history right back to them to make sense of her years of binge eating and struggling with anorexia.

Mehta says her mother regularly battered her with cruel words as a little girl, hurling profanities or calling her stupid. At 15, the cycle kept going when her parents divorced and home became more chaotic. Mehta says her mum eventually tossed her belongings on the porch and changed the locks, leaving her to live in a car with a much-older boyfriend who beat and controlled her, feeling the hood of the car to see if it was warm from being driven, making sure she didn't defy him.

JESSICA MEHTA, 36
Portland, Oregon

When he pinned her to the floor, trying to crush her windpipe with his knee, Mehta finally broke free by defending herself with a knife. But the damage of the abusive relationships stayed with her.

In college, Mehta drank and gained weight, blowing past 113 kilograms during her first year. Since then, food has been a big issue. At 25, she was diagnosed with type 2 diabetes.

"I can't even remember what it was like to not be aware of everything I put in my mouth," she says. "It's a constant struggle to manage."

During her 30s, the pendulum swung to anorexia, and Mehta hit 48 kilos. She lost half her hair. Her heart began to consume itself. "I was on a quest to prove I could do and be anything, but it ended up as a desire to literally disappear," she says.

Mehta's experience is consistent with ACE research ➤

findings that show as the number of ACEs increase, so do the risks for chronic health problems.

For example, compared with people with no ACEs, the odds for obesity increased by 50 per cent among people who reported any childhood abuse. Those with four or more ACEs were 1.6 times more likely to be diagnosed with diabetes.

In short, if you had a tough childhood, the chances you'll struggle with obesity or diabetes as an adult are high.

"Not everyone ends up with obesity. Some will end up with heavy smoking, alcoholism, promiscuity, et cetera," says Felitti, who was also co-principal investigator of the CDC-Kaiser Permanente ACE Study. "But basically, the idea is the same with each of them – each is an unconscious mechanism for trying to gain relief of symptoms."

> **I was on a quest to prove I could do and be anything, but it ended up as a desire to literally disappear.**

So all of your struggles with the scale, your health, those bad eating habits you just can't kick – they could have more to do with a negative past than your willpower.

And what's more, someone you know is likely grappling with similar issues.

Reframing the problem

In America, the Administration for Children and Families estimates one in three girls and one in six boys are victims of sexual abuse before 18. That's just one ACE.

The Department of Justice notes almost 40 per cent of ➤

ACEs *in Australia*

It is estimated that **3.7 million** Australian adults are survivors of child abuse – emotional, physical and sexual – alone. While this is a very significant number, the amount of Australian adult survivors of childhood trauma, in a more broad study, is estimated at **five million**. Many of these adults continue to struggle with mental and physical health, self-esteem and relationships, most of which have been behaviours adopted as coping mechanisms from trauma. Coping strategies – varying from eating disorders and overeating, to alcohol and/or drug abuse, to smoking – can often have a negative result on their life, resulting in mental health issues, social and medical problems to name a few.

While genetics can be the cause of a person's weight gain, the World Health Organization found "the primary cause is an imbalance between [energy] consumed and [energy] expended". Two factors that contribute to increases in both obesity and overweight are a decrease in physical activity and a shift towards energy-dense diets, which can be caused by ACEs. This increases a person's risk of developing type 2 diabetes, high blood pressure and/or cardiovascular disease. A study by the Australian Bureau of Statistics in 2007-08 shows people who are overweight or obese were almost **twice (1.9 times)** as likely to have type 2 diabetes as those within the normal BMI range, while people who were obese were **2.7 times** as likely to have type 2 diabetes.

American children are victims of two or more violent acts, and more than 25 per cent have been exposed to family violence.

"Obese adults are told by physicians to lose weight, diet and exercise, which insinuates blame," says William H. Dietz, an obesity expert at Milken Institute School of Public Health in Washington, DC. But these statistics indicate the need to reframe the discussion regarding weight loss and obesity, he says.

After collecting data from ACE Study patients for 20 years, Felitti says the research is clear – obesity can be the consequence of a traumatic past. It confirms what many of us have suspected all along.

But now, he says, it's time to start using these insights to help people. "The most useful thing we have found is understanding why a person became obese, not how. How is obvious," Felitti says. "The real question is why?"

Felitti suggests doctors ask patients two key questions: 1) How old were you when you first began putting on weight? 2) Why do you think it began then? For many, understanding that a troubled past could be contributing to health problems today just might be the first step towards healing.

"In a sense, the trauma begins to live in your body"

Moving forward in health

For Amber Malcom, 36, it took a major life time-out to begin the healing process.

When Malcom was a child, she says her mother shamed and demeaned her with hurtful, abusive words that still haunt her. She says she lived with her mother's destructive tendencies with money and with food, binge eating and using it as a comfort and a treat. Then, Malcom says, "She would attack any part of my body that didn't look perfect. She told me I was fat, when I clearly wasn't. Once that started, I ate what I wanted."

Having struggled with her weight all her life, she says she's never felt like anything less than an ogre. She can barely look in a mirror. She shies away from cameras. "I'm not sure I could be more insecure about how I look," Malcom says.

But in her 20s, she battled a near-fatal blood infection while pregnant. She lost 36 kilograms, and felt so much better without the extra weight.

The life time-out gave fresh perspective. She knew she had

to come to grips with her childhood to be able to stay on a healthy path.

Malcom has been in therapy ever since and reads a lot about healing. She surrounds herself with wise, caring friends who hold her accountable.

"When old wounds don't heal properly, you have to go back in and fix the damage," Malcom says.

Dietz suggests it may be time for physicians treating patients with obesity to ask the question: did anything adverse happen to you as a child?

AMBER MALCOM, 36
Duncan, Oklahoma

That question worked for Linder. Two years ago, Linder began to write. Page by page, word by word, she pieced together that her eating disorder, weight, health and body image were all tied to the cruelties she'd endured as a child.

"I took charge and got real with myself," Linder says.

In 2016, she released her memoir, *Big Bottom Blues*, letting go of all the heavy memories that were holding her back.

Lighter in spirit, she took up a happy sport she'd long considered "child's play". She started working out with a skipping rope, then training for competitions, eventually winning gold medals as Team Lucie B at the US National Jump Rope Championships.

She opened Lucie B's Jump N Fun gym in Woodmere, New York, for kids and adults. "I tell my story to help free others," she says.

Mehta found a therapist who would listen to her without judgement. She also kept her pen to paper, authoring three collections of poetry, a novel and a number of other published works.

"Writing provides the catharsis I need to process, digest and let go of the past," she says.

Mehta says one of the hardest parts has been learning to let go of others' judgement and focus on health and happiness. In the process, she found loved ones who were with her at any size. "The ones who matter are there regardless," she says.

For Malcom, motivation to continue healing comes from her 11-year-old son, recently diagnosed with type 1 diabetes. They focus on the future, eating smart and working toward wellness, which for Malcom includes processing the past.

"It's hard to relive those moments. I want to pretend they didn't happen," she says. "But the damage does not define me. I lost everything, and I came back better than ever." ■

WHAT'S NEXT?

People who have a history of ACEs can take matters into their own hands. Carol Redding, editor of the ACE Reporter, and John Zrebiec of the Joslin Diabetes Center have advice:

1 ASK FOR A REFERRAL. Good treatment for trauma is available. Most therapists will not be judgemental. Ask your family doctor to recommend a licensed therapist or counsellor who has a background in treating people who have experienced trauma. Contact your health insurer for names of mental health providers covered by your plan.

2 USE A HELPLINE. In Australia, call the Blue Knot Helpline on 1300 657 380 for professional short-term counselling support, referrals for ongoing support, information and more. If you are distressed, in crisis or in immediate need of support call Lifeline on 13 11 14.

3 REACH OUT. Contact your nearest children's hospital or advocacy centre and ask to be put in touch with a trauma-informed, licensed therapist.

HEALING BOOKS

- **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma** by Bessel van der Kolk, M.D. (Penguin Books, 2015)
- **The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse** by Ellen Bass and Laura Davis (William Morrow Paperbacks, 2008)
- **A Grief Observed** by C.S. Lewis (HarperOne, 2001)
- **Scared Sick: The Role of Childhood Trauma in Adult Disease** by Robin Karr-Morse (Basic Books, 2012)
- **The Secret** by Rhonda Byrne (Atria Books/Beyond Words, 2006)
- **It's All Good** by Cassie Mendoza-Jones (Hay House, 2017)

WORDS MICHELLE THEALL, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

TYPE 2

A better pill to swallow

Over the past 10 years, we have seen a boom in the number and types of diabetes medications, presenting more choice for people with diabetes and their doctors. The Garvan Institute's Professor Jerry Greenfield takes us on a guided tour

It has been nearly 100 years since diabetes became a treatable disease, when insulin was first synthesised in the 1920s. Up until about 10 years ago, this breakthrough drug remained the cornerstone of type 2 diabetes treatment, but ongoing medical research has led to a boom in the number and types of diabetes medicines available today. As a clinician, I can now choose from multiple lines of treatment to meet a patient's specific needs, and most people with diabetes are on a combination of drugs to attack the disease from a number of angles.

In type 2 diabetes, the body gradually becomes insulin resistant and also secretes less insulin. As such, drugs for managing type 2 diabetes are designed to make insulin work better or to increase how much insulin the body makes, and there's a close relationship between the two in controlling blood glucose levels (BGLs).

It's important to note, these abnormalities can be diagnosed before symptoms appear, so at-risk people should regularly test for diabetes before finding out the hard way. Risk factors include family history, being overweight, high blood pressure, polycystic ovarian syndrome and some racial profiles, such as

Metformin

Metformin's plant source, Goat's rue (*Galega officinalis*), has been used in folk medicine since the Middle Ages – its active ingredient was discovered around the same time as insulin. Despite this, it took until the 1990s to gain widespread use, and it is now the drug of first choice for most people with type 2. Metformin is an insulin sensitiser, improving how well insulin works in the body. It carries no risk of low blood glucose when used alone, but combined with other medications, this might not apply.

Many people who go onto metformin might lose between two and four kilos – it's difficult to tell if this is due to the drug or lifestyle change that people make when they're diagnosed, but it's safe to say it doesn't cause weight gain. There is data to show metformin can reduce the risk of developing type 2 to predisposed people. Side effects include vitamin B12 deficiency, so people on this should test regularly, particularly if they have nerve damage in the feet.

Aboriginal Australian, Chinese, Pacific Islander and Indian.

As insulin, the original diabetes drug, continues to evolve, it's joined by an ever-increasing number of other medications, of which only a handful are outlined in this story. Some of the newer options, such as GLP-1 analogues and SGLT-2 inhibitors, have significant benefit, while long-acting drugs make dosage more convenient. Every person is unique, and any medication regimen should be tailored in consultation with a doctor, but there has never been so much choice and it's only getting better.

GLP-1 analogues

When we eat, cells in the gut release an active hormone, GLP-1, that causes insulin to be secreted from the pancreas. A newer class of drugs targets GLP-1, either through stimulating its production or inhibiting breakdown. One of them, exenatide (Byetta*), derives from the venom of the ***Gila monster***, a lizard native to the US/Mexican border region. Injected twice a day before meals, exenatide's main side effect is nausea, which not all patients develop, but for this reason we start with a low dose and increase over time. Aside from lowering blood glucose, GLP-1 analogues have been shown to cause about a 5kg weight loss compared with insulin at one year. Additionally, research indicates they lower the risk of adverse heart events. Other drugs in this class include a liraglutide, which is taken by once-daily injection, and weekly exenatide (Bydureon*). ➤

Prevention is (always) the best medicine

Before discussing medication with my patients, we first consider modifiable lifestyle factors, particularly diet, exercise and weight control, which have a very clear relationship with type 2 diabetes. Less well known are psychosocial factors including, surprisingly, marital status – a study has observed that men and women tend to put on weight when getting married but only women will lose it after divorce. Healthy sleep is essential too, with seven to eight hours recommended. Weight loss drugs can be useful for managing diabetes in some circumstances, though there aren't many on the market. For people who are very overweight and have diabetes complications, bariatric surgery can be beneficial.

Insulin

Insulin is used in people with type 2 diabetes when all other drugs aren't suitable or the pancreas starts to fail. It's available in different types, from short-acting to 24-hour, and they can be used in combination. Though patients can be reluctant to start on insulin, often they find it allows them to cut down on other diabetes medications, their BGLs improve and they feel better. It's usually given in pens, but increasingly, people with type 2 are opting for pumps – small devices worn on the body that inject insulin continuously. Many models now have sensors that stop the pump if blood glucose becomes too low. They aren't subsidised by the government for adults, and the average cost of a pump is a pricey $10,000.

Learn more
About diabetes research at the Garvan Institute of Medical Research, please visit garvan.org.au/diabetes.

SGLT-2 inhibitors

Normally the body is very efficient in conserving energy and will draw back the glucose filtered through the kidneys. The SGLT-2 inhibitors, including empagliflozin (Jardiance*), dapagliflozin (Forxiga*) and canagliflozin (Invokana*), stop this process and redirect sugar to the urine. This leads to weight loss. Because some germs thrive on glucose, these drugs carry a slightly higher risk of urinary tract infection and thrush. Interestingly, empagliflozin and canagliflozin have been associated with a lower risk of dying from heart attacks, so it's particularly beneficial for people with both diabetes and heart disease. ■

Professor Jerry Greenfield is Lab Head – Clinical Diabetes, Appetite and Metabolism at the Garvan Institute of Medical Research. He is also a practising endocrinologist.

> There has never been so much choice and it's only getting better

PHOTOGRAPHY GETTY IMAGES
*ALWAYS READ THE LABEL. USE ONLY AS DIRECTED.

TYPE 1

‘The transplant has turned everything around’

An islet cell transplant has effectively cured Tracy Drynan’s type 1 diabetes and given her a second chance at life

How did you find out you had type 1 diabetes?

I was just over three years old when I was diagnosed, but Mum says I was ill from about 18 months of age. In the 1960s it was difficult for my parents, both registered nurses, to get anyone to recognise that there was anything wrong. Eventually, they took the urine-testing kit home from work and diagnosed me themselves. Apparently Dad then carried me into the doctor’s surgery and said, “Do something!” I was impossible to stabilise from the start and Mum ended up taking me home from hospital as she felt she could do a better job. The treatment was one injection a day of short- and intermediate-acting insulin, both drawn up in the same glass syringe. Mum remembers the first injection, the look of horror on my face. Dad, on the other hand, recalls it being easy, but I think he used to give injections as though he was aiming for a dartboard! The insulin was very crude and unpredictable. My hypos were usually at 2am and manifested as an “epileptiform seizure”. These are very frightening to watch – I’ve seen my brother have them – and are accompanied by horrific nightmares. While I have read many articles on people with type 1 diabetes who have achieved great things, my brother and I are part of the 2 per cent who, despite every effort, never stabilised. I’m now 53 and staying alive has been our greatest achievement.

What was it like growing up with diabetes?

Luckily my hypos were predictably at 2am, so hypos at

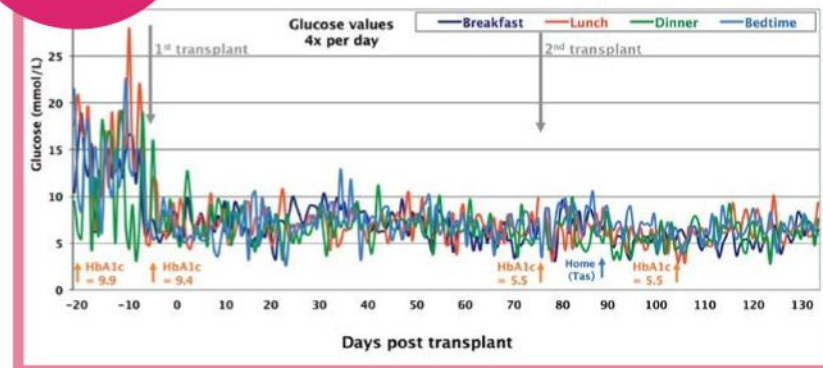
school weren't an issue to begin with. However, Mum became concerned when all I seemed to do was play with plasticine. She had taught me to read and write before starting school, but my teachers told her they assumed I was "mentally retarded" because I was a diabetic! At another school the teachers told Mum I was an "imbecile" and they couldn't teach me. I probably looked quite spaced out and tired, as diabetes management was very crude then. Growing up with such unstable diabetes was a challenge to say the least – for myself and my parents. I now have a number of qualifications, including a Bachelor of Social Science, and have successfully run my own business.

What kind of coping strategies did you have?

I had a theory that mind over matter would keep me upright and alive, and it has always been my policy to accept and adapt to each challenge as it came along. I've happily taken on whatever the next new treatment is, though nothing has ever addressed the sheer magnitude of my instability. I often said I would look after as many of the variables as possible – diet, exercise, attitude, regular check-ups with the best specialists available, take care of contributing factors like teeth, feet, eyes – then whatever my blood glucose levels (BGLs) dished up, I had done my best. They were neither good nor bad; they were a reading, an indication of what was happening at any given moment in time. In hindsight, I think I was oblivious to my predicament. I looked after myself, but I only ever stabilised for 48 hours at the very most. I strove to study, form a career, start a family, but it really wasn't until I saw the graph from the research team of my BGLs before and after I had islet cell transplants that I fully comprehended what I had been up against.

Little things were priceless. At a very early age my daughter was able to pick a hypo just by holding my hand saying, "Are you feeling a bit fragile, Mum?" In the last eight years of my diabetes, a very loyal springer spaniel called Lucy was able to pick hypos and would make a fuss, barking and yipping until I did something about it. I have a wonderful family who just accepted things the way they were and rolled with the punches. After the transplants, during the slow and tedious recovery, I would look at my then-husband and be amazed that he was still there.

Check out Tracy's TD glucose chart!



This graph shows the dramatic and immediate effect an islet cell transplant had on Tracy's BGLs, which were previously extremely volatile.

> ***"I only ever stabilised for 48 hours at the very most."***

How was your quality of life at the time of the transplants?

I didn't realise until after the transplants the major state of anxiety that I constantly lived in. I hadn't worked for nine years or driven for five because my sight was too unpredictable and hypo unawareness behind the wheel of a car was too scary to contemplate, and I was rarely left alone. I was testing my BGLs 18 times a day to try to prevent the extremes of lows and highs, which I stubbornly refused to believe was impossible. My BGLs reached 30mmol/L on almost a daily basis and plummeted to under 2mmol/L easily, then they would rebound. There were days I could sit at the kitchen table all day wondering which way my BGLs were going to ➤

No longer the "sick person" in the family, Tracy can now come into her own as a daughter, mum and grandmother thanks to her islet cell transplants. Left to right: daughter Jessica, Tracy, granddaughter Abigail and mum Brenda.

catapult next. Every day was a new rollercoaster ride.

What was the transplant process?

When I had the operations in January and May 2011, I was only the second person – as far as I know – to undergo the procedure in Adelaide. The call for the first transplant came through on my mum's birthday. It took quite a bit of cajoling to get me from Tasmania to Adelaide; I really thought that any second, the transplant team would ring back and cancel. Instead they were phoning ahead and personally talking to every airport check-in point to get me through. When my then-husband and I were finally standing outside the front door of the hospital, I turned to him and said, "You need to give me a cuddle and kiss here and now because the whole world will be different after this." When I got up to the ward, I was literally pounced on and could only watch as lines were put in and rooms were sterilised. I just thought, here we go, take a deep breath and we'll just get through this. The theatre was the most crowded I'd ever seen, but I've never met such a dedicated and caring team in my life. They were so focused on what they were doing and made me feel like such a part of the process.

How have the transplants changed your health?

My BGLs stabilised in recovery, immediately after the transplant. The doctors left the instruction that my BGLs needed to be between 5mmol/L and 10mmol/L – I thought "You'll be lucky!" but these readings have unbelievably become my new normal. My HbA1C has gone from 9.7mmol/mol to 5.4mmol/mol. Then the ultimate dream came true when I became insulin-independent on 19 August 2011. No BGLs to do, no injections, no insulin pump, no hypos or hypers, no dietary restraints, no more laser treatment for diabetic retinopathy.

Once I was insulin-independent, I needed no encouragement to let go of the idea of being a diabetic. At one stage I became a bit concerned I was paying so little attention to my "diabetes" but the doctors said, "That's what we want you

Olivers Road and Mount Roland, Tasmania

to do, forget about it. Go out and enjoy yourself." With this reassurance, as I walked out of the doctor's office, I mentally dropped my diabetes in the rubbish bin. I need to be persuaded to do a BGL test these days.

My family probably took another 12 months to get used to the idea. They had been so used to checking on me out of the corner of their eyes – to them at some point on any given day I would be feeling and looking really awful. Once Mum was watching me after the transplants and said, "You don't need to do a BGL do you?" I shook my head. "You don't need something to eat do you?" I shook my head again. "You don't need to do a jab do you?" I shook my head and smiled. She then answered her own question, "You're perfectly alright aren't you?" I replied, "Yes, Mum." This time she shook her head in disbelief. Sometimes, even quite recently, I will be checking my phone and my family will think that I'm doing a BGL!

What is islet cell transplantation?

We asked Associate Professor Shane Grey from the Garvan Institute of Medical Research.

Islet cells are insulin-producing cells found in the pancreas. Doctors take the cells from a deceased organ donor and infuse them via the blood vessels into the liver of a recipient with type 1 diabetes. Once in the liver, the islet cells can start producing insulin, and often cure the recipient of diabetes. For the islet cells to survive, the patient needs to take powerful immunosuppressive drugs on an ongoing basis, just like any other type of transplant. At the moment it's usual for a recipient to need two or three islet cell transplants before they become independent of insulin. This is because the cells are fragile and some are damaged by the immune system after transplantation. Ongoing medical research at the Garvan Institute continues to improve this procedure and make it accessible and more successful for more people.

And what about your life in general?

The transplants have turned my life upside down in ways I never imagined. I've just revelled in it ever since, whether it's the way food tastes, or the freedom to travel, being able to sleep peacefully, or being able to support my daughter with her children. Even when there's a really tough patch – because life is full of tough patches – I'm grateful because if I'd still been a diabetic, I would have crashed and burned a thousand times over. The way my daughter Jessica describes the outcome is gold: "We all thought we knew what the end of the story was going to be and now it's like someone has rewritten the ending. I have a new mum."

My eyes are completely stable – I've bought my own car and drive anywhere I like, up and over all the mountainous and winding roads in Tasmania, in rain, hail, snow and shine. I had developed gastroparesis, which also disappeared. The first time I ate lettuce I was amazed, firstly that I could eat it and secondly because it smelled so good. Anyone who thinks lettuce doesn't have a smell is wrong! Where I used to live, in Roland, Tasmania, there's a beautiful mountain range, which I used to dream of climbing. Instead I used to walk around it in case I became disorientated or so wobbly I couldn't walk. The rule was that if the dog came home alone, my neighbours or then-husband would come looking for me. After the transplants, I became determined to complete the annual Triple Top Mountain Run on the range. Three attempts later, and with three amazing friends for support, I did it! ■

INTERVIEW EMILY HOWES **PHOTOGRAPHY** AMANDA WARD PHOTOGRAPHY, GETTY IMAGES

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Feel better in 5

Big changes start with simple steps. Try these ideas to help you improve your wellbeing

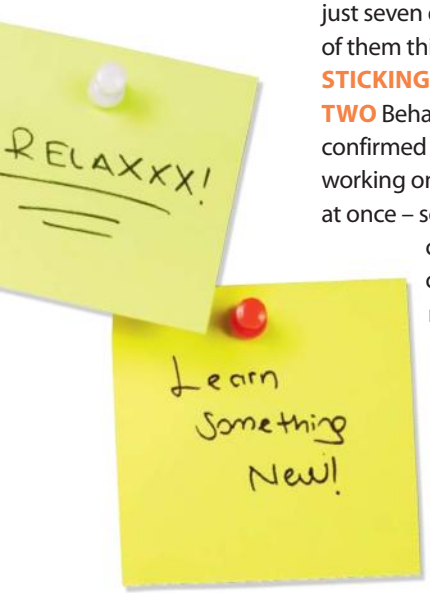
1 NEW YEAR, NEW YOU!

Think New Year's resolutions are a waste of time? Not true! Research shows planning to start (or stop!) something on the first day of a new year is significantly more likely to produce results compared to committing to a 'new resolution' on any old day. Still, nearly one in four people who make New Year's resolutions give up on them after just seven days. Avoid being one of them this year by...

STICKING TO JUST ONE OR TWO Behavioural scientists have confirmed our brains can't handle working on too many resolutions at once – so to bump up your chances of success, choose a couple that matter most to you and run with them.

WRITING THEM DOWN Committing those resolutions to paper, rather than simply storing them in your head, means you're significantly more likely to stick with them, say US researchers.

AND HANGING IN THERE FOR SIX WEEKS That's how long it takes for a new activity, routine or behaviour to become a habit. Make the effort to stick with your resolution for 42 days and you'll be more likely to succeed long term.



2 PAUSE FOR A CAUSE

And in February, that cause is... febfast! Powered by Youth Support + Advocacy Service, febfast is the great Australian pause from alcohol, sugar or something of your choice for the month of February, in support of disadvantaged young people aged 12-25 across the country. Check out febfast.org.au to find out how to get involved.

Considering giving up alcohol for the month? Here's why you should:

- **It'll improve your health.** Taking a month-long break from alcohol really does pay off. Research shows when people who regularly drink go alcohol-free for four weeks, their liver stiffness – an indication of liver damage – decreases by 12.5 per cent. Plus they shed an average of 2.7kg.
- **You'll drink less in the future.** Not only do 50 per cent of people who quit alcohol for four weeks at a time say they drink less in the months that follow, for more than a third of them, it's a change that lasts for at least a year.

3 TOOTH TRUTHS

Living with diabetes can make you more susceptible to gum disease and tooth decay, perhaps because fluctuating blood glucose levels (BGLs) promote bacterial growth. Here are some things you can do to protect your teeth:

WAIT to brush. While half of us think it's important to brush straight after a meal, experts advise waiting 30 minutes to avoid damaging tooth enamel.

RESIST the urge to rinse after brushing. Two-thirds of us rinse with water immediately after brushing our teeth, but it's the wrong strategy. Skip it to give your pearly whites more exposure to the fluoride in toothpaste, which will optimise the paste's preventative effects.

CHEW sugar-free gum for 10 minutes after a meal. It traps and removes cavity-causing bacteria and stimulates the flow of saliva, which speeds up how quickly sugars and plaque acids are cleared from the surface of your teeth. ➤

4 PERFECT MATCH?

If you take multiple medications, you need to know how they work together to reduce the risk of harmful interactions. "There are risks associated with taking particular medicines at the same time and mixing some over-the-counter products with prescription medicines," says pharmacist and NPS Medicines Line manager, Sarah Spagnardi. Here's how to avoid harmful interactions:

1 Make sure your healthcare team knows what you take. This includes prescription, over-the-counter medicines and supplements.

2 Before you start taking a new medication, ask your doctor or pharmacist:

- ***Can I take it with the other medicines I'm taking?***
- ***Should I avoid certain foods or drinks?***
- ***Are there any possible drug interaction signs I should know about?***

3 Check the info provided. Prescription and pharmacy-only medicines come with a leaflet that explains how to use them. It often contains a 'Taking other medicines' section, which outlines any known interactions. If you do notice something, talk to your GP before stopping any meds.

5 MAKE TODAY D-DAY

Vitamin D, that is. As well as being essential for strong bones, maintaining healthy vitamin D levels has also been linked to reducing the risk of everything from cancer and dementia through to type 2 diabetes.

And, even though every Australian state experiences periods each day when the UV Index is 3 or above during summer, so that most people can maintain healthy vitamin D levels during typical day-to-day activities, statistics show that nearly a third of us are vitamin D deficient.

But, with the jury still out on the value of taking vitamin D supplements, even for those who are mildly vitamin D deficient, what can you do to help ensure your levels remain permanently topped up?

One answer is to eat more sun-drenched mushrooms, because mushrooms exposed to sunlight naturally generate vitamin D. In fact, 100g of mushrooms that have been exposed to the sun for an hour will contain enough vitamin D to meet your daily requirements. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

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KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

FREEDOM IN THE BAG

Medactiv EasyBag Single and EasyBag Classic (shown) provide freedom to travel with temperature-sensitive medications. Discreet and reusable, EasyBag products keep your insulin cool. Just soak the inner pouch in fresh water and the bag will maintain insulin between 16°C and 25°C for up to five days. Visit medactiv.com.au

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Marketplace

Check out these products. They make managing diabetes easier

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The KitchenAid Proline® Blender is the ultimate appliance for making healthy and nutritious meals quickly and easily. With four pre-set programs, and 11 speeds, blend everything from frozen fruits and fibrous, nutrient dense vegetables, juices, nut butters, dressings and so much more. Visit kitchenaid.com.au/pro-line-blenders

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Tea, scones AND SUPPORT

Our resident type 1 columnist, Rob Palmer, recently enjoyed afternoon tea at Kirribilli House with the PM, his wife and JDRF, as you do!

So how does an afternoon tea at Kirribilli House with the absolute top of the tree come about?

Well, it just so happens that we are fortunate enough to have a government that cares deeply for the mission that all of us have in common: creating a world without type 1 diabetes.

For than a decade, our government has been providing support for the ongoing and relentless battle with diabetes in a variety of ways. There has been the islet cell transplant program, the insulin pump program and, most recently, the continuous glucose monitor program (CGM).

That kind of support has a lasting and wide-reaching effect that is profoundly positive. I, for one, will attest to the extreme benefit I feel from combining pump technology with CGM. Never in my life have I felt the extent of freedom from type 1 diabetes confines that I enjoy right now.

Just this morning I was late and disorganised, so breakfast became a cup of coffee and a slug of juice at 6am. Not really ideal for type 1 management. However, the marvel of technology meant that not only did I put the fires out at work and get on top of a now productive day – I even found time to write this article – but my sensor glucose is now a steady 4.9 as I ponder my first bite of the day at 10am. That kind of irregularity would have had me in all sorts of trouble in the past.

Technology is winning and the government is assisting in gradually making it available to those who otherwise couldn't afford it. You beauty!

Okay, back to the point. Kirribilli House with Malcolm and Lucy Turnbull was all about family and gratitude for the positive direction in which so many families' lives are now facing.

> Mr Turnbull was attentive and supportive...

Lucy quickly realised the urges of the dozens of kids in attendance and had them hurtling down a grassy slope that could rival most ski fields on cardboard boxes salvaged from the recycling. This beautiful residence was transformed into a fun park and smiles were everywhere.

Our prime minister heard from a few who have realised through various type 1 management programs how good life can be and how free a person can feel once diabetes is encouraged to toe the line. The messages from families and the kids were heartfelt and real. And, as you would hope, they were completely absorbed by our country's leader.

Mr Turnbull was attentive and supportive in both his welcome and address. His words echoed the sentiment of the afternoon, and he was open and available to all. The moment I think we will all remember with hope, and renewed confidence and resilience, is when our prime minister announced that, "Government support will continue until we turn type 1 into type none." ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

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